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Focal Point

CAMPUSNEWS

January opens

The box of the year

And brings out days

That are bright and clear.

And brings out days

That are cold and gray,

And shouts, "Come see

What I brought today!"

Leland B. Jacobs

Look for Change at ICO!

As we continue to implement the new Strategic Plan, Focus on our Future, we will begin constructing ICO's new Teaching

Laboratories which include the entire third floor. The exciting and comprehensive renovation plan, thus far, is below:

Currently, there are 18 lanes of ophthalmic equipment in the old Pre-clinic Lab. The renovation will incorporate 38 lanes in two separate labs in which the lanes all face the

center to enhance learning and teaching.

Lighting will be modernized, flexible and zoned to provide the appropriate lighting for ophthalmic techniques.

Currently, there are four Basic Science laboratories. The renovation provides for five laboratories with preparation space, flexible familiare and the latest computer and audio-visual capabilities. Two of the labs will be able to be combined into one targer room.

The renovation will provide for individual assessment space for clinical proficiency testing with video capabilities.

There will be separate, flexible areas for research and a small animal laboratory.

The renovation will include improved amenities such as expanded restroom facilities, lounges with email stations, vending,

a conference room and windows with a view of the Sears Tower!

Re-location of present offices is currently underway and construction will begin this spring with completion expected by Oct. 1, 2008. Everyone's cooperation will be needed to navigate the disruptive

onstruction phase, however the benefits of all new laboratories will be well worth it next fall. More details will be shared as they develop.

Financial Aid News!

It's that time of year again- time to file your FAFSA for the 2008-09 academic year. We encourage you to complete your FAFSA as soon as possible, and are asking that you complete it by Feb 29th in order to insure that your summer funds arrive on-time.

You can complete the 2008-09 FAFSA online at **www.fafsa.ed.gov**. Our school code is 001689.

You will notice that there is NOT a renewal option for 2008-09, however, if you completed

The next Focal Point will come out February 1, 2008. The submission deadline is January 30.

a FAFSA during 2007-08, your demographic information will automatically populate in your FAFSA.

Just as a reminder, we HIGHLY ENCOURAGE you to submit your parents' information with your FAFSA. This allows you to apply for the Health Professions Student Loan- a 5% subsidized loan. If you do not supply parent data, we cannot consider you for this loan. Parent data is only used to determine eligibility. If your parent data doesn't qualify you for the Health Profession's Loan, it is ignored. So, there is no risk to your financial aid in providing the information.

As always, be sure to answer all of the questions on the FAFSA. If an answer is zero, please do not leave the item blank, just answer 0. On the FAFSA, "blank" doesn't translate into zero, it translates to ineligibility (the assumption is that it's a very high number that you don't want to tell us about).

As always feel free to contact us with any questions: finaid@ico.edu or 312.949.7441

Optometry Night Live

Optometry Night Live is right around the corner! The event will be held Friday, January 25th. The night will get started out with a Blindspot in ICO's gym at 5 pm with ONL immediately following in Room 1200 at 7PM. Don't miss out on this opportunity to see musical. theatrical. and talents of comedic classmates! Sign up to perform or just come out to enjoy the show. Admission to ONL is \$5 and tickets go on sale the week of January 21st. Be sure to ask your class representatives for more details. See you -Student Association Diditized

Scholarship Extension Deadline

The Varilux® Student Grant Award Program Deadline of January 4th 2008 is being extended to January 17, 2008. This Scholarship is for 3rd and 4th year students and involves a case report. More information is in the Student Affairs Office.

Grand Rounds

Don't miss the Illinois State Chapter of AAO "Rosenbloom Rounds" January 23. This Grand Rounds event gives you a chance to see interesting cases and network with local O.D.s. Contact Dr. Mary Flynn Roberts (ext. 7308) or Dr. Dominick Opitz (ext. 7178) for more information.

Student Travel Grant Reflection

Early last Fall, you may remember the Focal Point announcement of Student Travel Grants to attend the American Academy of Optometry meeting in Tampa. 10 students were awarded travel grants from the Dean's Office, the Illinois State Chapter, and the ICO Student Chapter of AAO. Grace Tran was awarded a travel grant from the Dean's office. Below is her summary. Please continue to support upcoming Student Chapter fundraisers so we can support student's participation in these professional meetings.

A Summary: Empowering the Inquisitive Minds of Our Profession

By Grace Tran

My experience at the American Academy of Optometry as a fourth year student taught me a lot more than I thought.

It was nice to have the chance to take academic leave from school for something educational; our school seems much more accommodating and encouraging than other schools.

The Student Welcome Reception was the first event I attended. There was a buffet dinner

and many nice optometrists and administrators of the Academy to greet us. It was very nice to feel welcomed. We had the opportunity to mingle with some students from other schools; everyone was so excited to be there. I later attended an Ocular Disease lecture in the format of Jeopardy. The lecture was open to students and doctors; a very creative and interactive presentation.

Early the next morning, I filled my day with a few continuing education courses. Many of us students sat together listening to interesting topics on how to treat and manage diseases I have not seen in clinic yet and even some I recently saw in clinic. Thus, it gave me an opportunity to think of new management ideas for my next encounter. The best part was being there and not having to be tested at the end!

Short breaks were given in between the talks and allowed me to chat with new people, some doctors and some students. The doctors treated students like equals, like colleagues, and even commended students for attending courses.

The Student Networking Luncheon seemed to be the big hoopla last year in Denver and kept to its reputation. Tables of information were set around a big hall for residency programs; almost every program in the country, was represented. Everyone was so friendly and made me feel like I can conquer the world if I so please. We had the opportunity to ask many questions about how programs worked, what type of person they were looking for, and what the location was like. The experience was much like choosing externship sites doing our third year, however, the program coordinators sat right in front of us. Eager coordinators spent quite a bit of time with each patron at their table answering sometimes the same question over and over again. Quite respectable.

The big exhibit hall opened for vendors to show their cool stuff. Of course, lots of freebies and door prizes for just breathing next to their booths. It was also very pleasant to be surrounded by some lavishly displayed tables of food in all corners of the hall.

Adjacent to the exhibit hall was a set area for poster presentations. A flow coming in and out to display their latest and greatest discoveries. The poster session gave colleagues of the field a chance to exchange thoughts in all aspects of Optometry; covering clinical, educational, legislative, and even public policies being researched in our profession.

More continuing education classes provided a way for us to also meet new people and greet old friends from other schools we tend to see only at conferences. Moreover, it provided a chance to sit next to our professors for a change, because logether, we were all "students" having a thirst for knowledge.

The Illinois State Chapter of the AAO held an annual update meeting. It was also an opportunity for the Student Chapter of the AAO to share our progress and inquire for support and suggestions to improve our club.

Our infamous ICO Alumni reception was held the following evening. It's always a special evening because present are the faces of our faculty that had passed their Fellows exam during the course of the week. Furthermore, meeting the spectrum of alumni, some our teachers, their teachers, etc, reminded me of the warm ICO family I became a part of just a few years back. It was definitely a time to eat good food, enjoy good conversation, and laugh together at an event outside of work.

The night ended with the famous
Australian Party. This themed party
has carried on for many years,
attendance is free and proceeds
from donations go to the Optometry Gift of

Sight in third world countries. It's a very family-friendly party with a mix of all types of music. A lot of us students partied the Australian way and slowly broke away to go into fun areas of the city after participating in the best part of the night.

The last day of the Academy meeting ended with an elegant Banquet – a very luxurious black-tie event where Fellows and Diplomats were awarded. A prestigious moment for all the new Fellows and Diplomats.

Overall the Academy meeting was an inspiring experience to remind me why I'm doing "this" – all the late nights of studying, anxious moments in clinic, and accumulating debt. A short few days dedicated to empowering the inquisitive minds of our profession to learn from each other about optometry, life and ourselves.

Did You Know?

Dr Colip

Corneal Bee Sting Misdiagnosed as Viral Keratitis

17-year-old boy was referred for viral management of unresponsive keratouveitis. Ocular examination revealed corneal edema and scarring, atrophic patches on the iris and anterior polar cataracts. Surprisingly, examination also revealed a intracorneal bee stinger. retrospective inquiry confirmed a bee stin injury two years earlier.

The patient was started on medical treatment and underwent operative removal of the bee stinger. Post-surgery, visual acuity improved and the corneal edema regressed over a one-month follow-up.

In cases of chronic keratouveitis, a meticulous examination is mandatory to rule out unusual causes such as a retained corneal bee stinger of retained intracorneal bee stinger may result in long-term corneal inflammation that may not be controlled adequately with

topical steroids. It should be removed, irrespective of the time elapsed since the injury.

SOURCE: Jain V, Shome D, Natarajan S. Corneal bee sting misdiagnosed as viral keratitis. Cornea 2007;26(10):1277-8.

Report Shows Millions may be Driving with Uncorrected Visual Impairments

About 11 million Americans may be driving with uncorrected vision problems, their last DMV-required vision screening could have been 18 years ago and some may never have had a screening at all, according to a recent report by the Vision Council of America (VCA). The VCA report, "Keeping Our Eyes on the Road." reviewed vision screening laws across the country and found that there is no consistent vision screening standards for drivers--in stark contrast to strict state laws regarding drunk driving, speeding, and seatbelt, child restraint and helmet use (by motorcyclists). Measures to ensure healthy vision are inconsistent throughout the nation: Some states require vision screenings every time drivers renew their licenses; other drivers can wait as long as 18 years before they are required to have their eyes rechecked. Nine states of not require vision screening at all upon license renewal. In the absence of standards for vision screenings, drivers need to be especially aware of their own responsibility to maintain good vision. Regardless of what a patient's state requires, VCA recommends that drivers receive regular comprehensive eye exams by an eyecare professional to maintain healthy vision. It also recommends that drivers take breaks when driving long distances to reduce eye strain and fatigue; use anti-reflective or polarized lenses while driving to allow more light to enter the eye and to minimize glare; and keep headlights, taillights and windshield (inside and outside) clean. For more information, go www.visionsite.org or www.check yearly.com

Dr. Maino Reports:

ICO Folks Featured in AOA Journal

The December issue of Optometry, Journal of Optometric Association, American featured 3 articles by ICO affiliated optometrists. Drs. Christine Allison, Helen Schlange and Darrell "An optometric Fredrickson published approach to patients with sensory integration dysfunction"; Dr. Stuart Richer (ICO VA faculty) published "Exam room, chair side evaluation of retinal edema: Improving accuracy and precision for identification of subclinical diabetic macular edema" and former ICO faculty member, Dr. Muriel Schornack published, "Prescription and management of contact lenses in patients with monocular visual impairment". Pick up the journal...read it!

AOA Journal Says...

The December issue of *Optometry* notes that the mean net income for solo practice optometrists in 2006 was \$134,094 while a partnership practice ranged from \$159,000 to \$179,000 depending upon the type of partnership. If you were employed by an optical chain, your net income was \$91,000. No wonder optometrists like what they do!

Do Your Patients Golf?

If your patients golf, you should check out the up coming issue of *Optometry & Vision Development* for the article: Erickson GB, Johnson M, Marcuson J, Anderson J, et al., Induced Prismatic Effects in Commercially Available Non-Prescription Golf Sun Eyewear Optom Vis Dev 2007:38(4):153-159.

Read abstract below:

Abstract

Background: Visual benefits from sun eyewear • are well documented; however golf has been a sport slow to embrace the use of sun eyewear. Sun eyewear can be used to protect the eye and to potentially enhance the golfer's game during the visually demanding game of golf. This study

investigated the amount of induced prism subjectively perceived in four popular brands of commercially available golf sun eyewear.

Conclusions: Significant amounts of prism were found subjectively in most of the sun eyewear evaluated. It may be beneficial to the golfer to use sun eyewear that induces the least amount of prismatic deviation; however, the impact of this induced prism on golf performance should be assessed in future studies.

If you are a current COVD member, you can access this article immediately online at http://www.covd.org click on "OVD Journal" on the upper right hand side of the webpage.

Poor Binocular Coordination of Saccades in Dyslexic Children

Eighteen children with dyslexia (aged 11.4 +/-2 years) and 13 non-dyslexic children of matched age were examined to study the quality of binocutar coordination of saccades in dyslexic children in single-word reading and in tasks requiring fixation of a single LED. Horizontal saccades of both eyes were with a photoelectric system Oculomotor-Bouis). Binocular coordination during and after the saccade in dyslexics is worse than that of non-dyslexic children; the disconjugacy does not depend on the condition. Moreover, dyslexics do not show the stereotyped pattern of disconjugacy (divergence during the saccade saccade). convergence after the conjugate post-saccadic drift is larger in dyslexics for both test conditions.

Poor quality of binocular coordination of saccades and drift of the eyes after the saccade, regardless of the task, indicates an intrinsic ocular motor deficiency. Such a deficiency could be related to immaturity of the normal ocular motor learning mechanisms by which ocular motor coordination and stable fixation are achieved. Learning could be based on the interaction between the saccade

and vergence subsystems. Not only the cerebellum, but also cortical areas of the magnocellular stream such as the parietal cortex, could be the sites of ocular motor learning.

SOURCE: Bucci MP, Bremond-Gignac D, Kapoula Z. Poor binocular coordination of saccades in dyslexic children. Graefes Arch Clin Exp Ophthalmol 2007; Nov 29 [Epub ahead of print].

Old Email Accounts

All students:

The process for updating and improving ICO student e-mail accounts and access is nearing



completion. All students are now receiving and should be accessing current and future email via the Groupwise platform. One of the last phases of the project will be closing of the old e-mail system (Netmail). The old system (Netmail) will remain active so that you can access and deal with any of your old emails until Jan. 31, 2008; when that system will be taken off-line. If you will need access to any e-mails remaining on the old system, you must access that system and forward the email to the Groupwise system prior to Jan. 31, 2008 deadline. All student e-mail addresses remain the same as before.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

The Library will be closed Morday, January 21, in order to celebrate the Martin Luther King Holiday. The Library will be open normal hours Saturday-Sunday, January 20-21, and beginning again in Tuesday, January 22, 2008.

New Posters

Because the library has a number of posters to display from recent meetings, we will display one each week.

January 11-18, 2008

Effects of Visual Fatigue on Binocular Function in Young Adults with Convergence Insufficiency by Drs. Yi Pang, Helen Gabriel, and Kelly Frantz.

January 18-25, 2008

Tinted Contact Lenses Combined with Bioptic Telescopes Made Unrestricted Driving Possible for a Patient with Oculocutaneous Albinism by Dr. Faheemah Saeed.

Take time to review their work but please direct all questions to the authors.

Free Full Text Online Articles Now Available Off Campus

The Library has created a user id and password to access the same fulltext online articles available on campus when off campus as well.

Log into http://theview.ico.edu and choose the library button. Choose "Full Text Sources" in the left column. Under "Search Full Text Sources", click on the "Online Journal List" or choose "Citation Linker" in the left column. Search for the journal title using the form, and any other article citation information you have to pull to the full article.

Alternatively: Go to http://library.ico.edu and choose "Citation Linker". Enter the name of the journal and any other pertinent information to get to the article.

Alternatively: Search PubMed from any library page. When you find an article of interest, click on the author's name to get to the citation. If you see a blue ICO Online button or the Red **Get It ICO** button, click on either button.

Important: When you are off campus you will get a popup box that asks for your user name and password. That is where you will add the user name and password that was distributed by email last month. (Remember, this info cannot be shared with anyone other than current students. Alum cannot have access to

this secure data). You should now get the full text article at your computer. Please contact cshepard@ico.edu if you have misplaced the December email with the user ID and Password for Full Text Sources off campus.

Later this year, we will add the same service to VisionCite articles.

Note: your User Name and PIN for VisionCite is unique to you and is different from the Full Text information noted above. Please contact a library staff member if you need the off-campus log in and password, or your VisionCite login and pin.

Note 2: To request full text articles that you cannot get from off campus, you can email the library at cshepard@ico.edu and we can send the pdf copies of articles to you if you are on externship and you are more than 50 miles from the campus.

Note 3: The Red Get It ICO button also has a document delivery request form. PubMed fills out the citation information for you. However the same rules apply as listed in Note 2.

New Books

Bennett and Rabbetts' Clinical Visual Optics. RE925 .B44 2007

Pediatric Ophthalmology and Strabismus, by Mitchell B. Strominger. RE48.2.C538

Health Sciences Literature Review Made Easy: the Matrix Method by Judith Garrard. R118.6.G37 2007

The Genetic and Environmental Origins of Learning Disabilities in the Early School Years. BF341.K68 2007

Behaviors, Beliefs Emotions: Doctor-Patient Relationships in Behavioral Optometry. RE960:\$54 2007

Cite It Rights the Sourceaid Guide to Citation, Research, and Avoiding Plagiarism. PN 71.F56J6 2007

Bandolier's Little Book of Making Sense of the Evidence, R723.7.M66 2006

Clinical Ocular Pharmacology, edited by

Jimmy D. Bartlett and Siret D. Jaanus. RE994.C55 2007

Millennials Go To College: [Strategies for a New Generation on Campus: Recruiting and Admissions, Campus Life, and the Classroom. LB2342.92.H69 2007

We hope you enjoyed the winter break and we look forward to assisting you in the Library.

COLTS Announces Grand Opening of Museum

For many years John Young, president and founder of COLTS has been collecting eyewear memorabilia. Now he has created a museum that contains over 350 frames as well as some additional items of interest. The exhibits date from 1650 to the present day and has a very impressive 1950's, 1960's frame display.

All are welcome to visit the museum, which will officially open on March 1st of 2008. It is not assessable by the general public except by reservation but those in the optical industry are welcome anytime they are in the Clearwater area by just stopping by. COLTS Laboratories is located at 21915 US 19 N in Clearwater, FL 33765. Contact them at 727-725-2323 or FAX at 727-725-8890

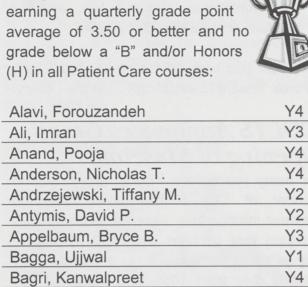
Museum Science Industry

Free Admission Days

In preparation for the Museum's year-long 75th Anniversary celebration in 2008, the Museum will offer **FREE** general admission on Saturday, January 12 and for the remainder of the month-through January 31. Spread the word to your friends and family about our January Free Days! Visit us online for a complete list of 2008 Free Days.

Dean's List

The following full-time students achieved superior academic performance during the Fall, 2007 quarter by



, triaria, i coja	
Anderson, Nicholas T.	Y4
Andrzejewski, Tiffany M.	Y2
Antymis, David P.	Y2
Appelbaum, Bryce B.	Y3
Bagga, Ujjwal	Y1
Bagri, Kanwalpreet	Y4
Bak, Magdalena L.	Y2
Baker, Daniel W.	Y3
Bakota, Jill M.	Y2
Barsness, Bobbie L.	Y4
Bartell, Heidi J.	Y4
Bartels, Amber E.	Y4
Bartz, Casey C.	Y3
Baruch, Kathryn	Y4
Bastermajian, Paul H.	Y4
Beatty, Rachael M.	Y3
Beaumont, Ian D.	Y2
Begotka, Brandon A.	Y3
Bertacchi, Zeana B.	Y3
Bertelsen, Kristin L.	Y2
Beyersdorf, Kavit L.	Y3
Bhullar, Reena	Y4)
Blow, Ronald K.	Y2
Borgman, Christopher J.	Y2
Bowen, Nicholas C.	Y2
Brandt, Jonee E.	Y1
Braun, Carol A.	Y4
Breuer, Joni R.	Y2
Brigantti, Crystal	Y4
Browski, Krister M.	Y2
Budahn, Michael S.	Y4
Buneta, Mary G.	Y1
Burr, Lindsey M.	Y1
Burton, Jennifer M.	Y2
Bush, Eileen M.	Y4

Carby, Tamla M.	Y4
Cate, Leah B.	Y3
Cate, Leah B.	Y3
Chang, Christine	Y1
Charles, Kristie J.	Y4
Chaudhary, Neha	Y3
Choi, Albert	Y4
Choi, Jamie H.	Y4
Choi, Melissa S.	Y3
Chong, Nancy S.	Y1
Christensen, Krystal A.	Y3
Chun, Robert E.	Y1
Clarys, Sarah L.	Y1
Clements, Jeffrey S.	Y3
Cohen, Stephanie L.	Y3
Collings, Scott B.	Y4
Collison, Frederick T.	Y2
Copilevitz, Lori A.	Y2
De Young, Kirk N.	Y2
Deal, Justin D.	Y1
Deibert, Ryan K.	Y3
Derango, Lucas J.	Y4
Dhalla, Ruhee	Y2
Dhillon, Manveer	Y4
Diehl, Christopher S.	Y1
Dodgen, Anne E.	Y3
Dokken, Seth A.	Y4
Domino, Lisa	Y4
Dowling, Brian M.	Y4
Drees, Adam J.	Y3
Drey, Eric M.	Y3
Durias, Autumn Blaire M.	Y1
Durst, Jennifer M.	Y2
Eigenberg, Andrea M.	Y2
Elton, Thomas L.	Y1
Eng, Anne M.	Y2
Engstrom, Stacie L.	Y4
Espiritu, Raechelle Y.	Y4
Estrada, Christina M.	Y2
Fan, Carol W.	Y3
Fast, Christina M.	Y3
Ferguson, Jenny B.	Y3
Firby, Ashley	Y4
Fitch, Phillip N.	Y2
Fix, Kalene	Y4
Flynn, William J.	Y3
Fong, Sarah M.	Y1
Torig, Sarait IVI.	11

Gaan, Sabrina M.	Y3	Kle
Gaan, Sabrina W. Gandhi, Vandana K.	Y4	Klu
Gehrlein, Emily J.	Y1	Kna
Gill, Sukhvinder K.	Y4	Kos
Gleason, Shannon M.	Y3	Kov
Glose, Jennifer M.	Y2	Kre
Go, Lenna	Y2	Kro
Goss, Kimberley D.	Y4	Kro
Grabar, Kristen A.	Y3	Kur
Graff, Genine M.	Y4	Kwa
Grewal, Camy	Y3	LaF
Groshek, Delia A.	Y2	Lac
Gula, Jennifer M.	Y4	Lan
Gutierrez, Steven P.	Y2	Lan
Hampu, Rebecca A.	Y1	Lan
Han, Anita M.	Y4	Le,
Han, Hannah	Y2	Lee
Harrison, Catherine A.	Y1	Lee
Harvey, Mariah I.	Y4	Lee
Hebda, Jonathan E.	Y3	Lee
Heineman, Brooke J.	Y4	Lee
Hempelmann, Adrianna M.	Y3	Leu
Hendrickson, Matthew S.	Y3	Leu
Henney, Sara J.	Y2	Lich
Henriksen, Nicole A.	Y2	Lie
Hermanson, Daniel E.	Y3	Lilli
Highsmith, Brittany S.	Y1	Lizi
Hinderscheid, Cassandra A.	Y1	The second secon
Hodgins, Karen M.	Y2	Lon
Hunsader, Jennifer L.	Y3	Lov
Hunter, Quinlin P.	Y	Mad
Hur, Chee	· V	Maj
Hutchins, Rachel A.	X4	Mal
Huynh, My-Nga T.	O _{Y2}	Mai
Ittner, Erica A.	Y3	Mai
Jang, Un-Sun Sarah	Y3	Mai
Jeziorny, Lisa M.	Y1	Mai
Jison, Louis Raymond A.	Y4	May
Johnson, Jalyn K.	Y2	McI
Johnson, Kristing 10	Y1	McI
Jue, Justin B	Y3	Mei
Kaler, Jagoreet	Y3	Mill
Kappell, Paul C.	Y4	Mis
Khan Nadia K.	Y4	Mis
Khan, Samina K.	Y3	Mol
Khan, Toseef	Y4	Moi
Klabunde, Jessica L.	Y1	Moi
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Klein, Kelly	Y3
Kluss, Marlene M.	Y3
Knapp, Lanae B.	Y3
Kosir, Michael F.	Y3
Kowalski, Rachel K.	Y2
Kremer, Kara S.	Y4
Krohn, Courtney A.	Y2
Kroll, Christine M.	Y1
Kunz, Thomas J.	Y1
Kwan, Katherine	Y3
LaPlaca, Joseph N.	Y3
Lachenman, Kathryn L.	Y1
Lam, Natalie L.	Y4
Langford, Matthew S.	Y2
Lansink, Lisa	Y3
Le, Lan T.	Y3
Lee, Christine J.	Y2
Lee, Judith Y.	Y3
Lee, Karen	Y1
Lee, Kelly J.	Y4
Lee, Wilson	Y1
Leung, Donald	Y1
Leung, Michael	Y3
Lickteig, Berijamin T.	Y3
Liepins, Melissa A.	Y1
Lillie, Micholas V.	Y1
Lizik, Chelsea	Y1
Cogisz, Catherine C.	Y3
Longo, Marian L.	Y1
Low, Annie	Y3
MacDonald, Laura S.	Y3
Majewicz, Maria	Y1
Makoni, Tafadzwa C.	Y1
Markowitz, Michelle	Y4
Martin, Kelly C.	Y3
Martinez, Keshia	Y4
Martinson, Christine L.	Y2
May, Lindsay A.	Y2
McIntire, Belinda S.	Y4
McPeek, Christa N.	Y3
Menza, Kimberly A.	Y3
Millet, Lucia E.	Y2
Misener, Christine E.	Y1
Misko, Melissa A.	Y4
Mok, Miranda J.	Y3
Montcalm, Laurie I.	Y4
Montreal, Meghan E.	Y1

Moore, Jack S.	Y1	Seagraves, Sandra K.	Y2
Mosley, Megan V.	Y3	Seif, Noha	Y1
Mulder, Andrew J.	Y3	Sera, Nina J.	Y4
Murphy, Katherine L.	Y1	Setork, Sheila M.	Y1
Mus, Danny	Y4	Shah, Hetal I.	Y3
Nau, Cherie B.	Y1	Shah, Puja	Y2
Nebelsick, Keri D.	Y1	Sharma, Balraj R.	Y1
Needham, Andrea M.	Y4	Shelus, Elizabeth J.	Y1
Nehls, Alicia A.	Y1	Shen, Hung-Ju K.	Y2
Ngo, Linda	Y1	Shepelenko, Marina	Y2
Nguyen, Duong D.	Y4	Shorter, Ellen	Y3
Nikoniuk, Marta	Y2	Shoudis, Jennifer L.	Y4
Nosi, Iva	Y3	Sivanesan, Renuka	Y3
O'Brien, Patrick J.	Y3	Sliwinski, Daniel R.	Y1
Oliver, Kelly D.	Y2	Slusky, Joanna E.	Y2
Olson, Ross J.	Y1	Smith, Kimberly D.	Y4
Ottaviano, Adam J.	Y2	Smith, Shannon J.	Y4
Owusu, Nana Y.	Y4	Sommer, Jennifer L.	Y4
Paczwa, Joanna M.	Y2	Specht, Jennifer J.	Y1
Pappas, Priscilla A.	Y3	Srednick, David A.	Y3
Park, Jenny Joo-Won	Y3	Stephens, Andrea M.	Y4
Park, Jenny Y.	Y4	Stewart, Shane C.	Y2
Park, Jin H.	Y4	Stola, Katherine A	Y2
Patel, Komal M.	Y2	Strombeck, Tracey J.	Y4
Patel, Mital	Y4	Stuckel Koroll, Cassandra H.	Y2
Patel, Poonam S.	Y1	Suleman, Alysha	Y1
Patel, Rakhi R.	Y4	Surben Lexi A.	Y1
Patel, Shreya N.	Y4	Tan, (ingyi	Y2
Penney, Rachel L.	Y4	Tançabel, Katie N.	Y4
Peotter, Callie M.	Y3	Theye, Robin E.	Y4
Pew, Craig A.	Y2	Thobani, Azzrah	Y3
Phipps, Renee G.	Y4	Thoele, Ryan S.	Y1
Porter, Erika K.	YX	Thomas, Amy C.	Y1
Pott, Emily M.	(4)	Todd, Ann E.	Y2
Potwin, Steven M.	O ₁ Y1	Tonozzi, Jacob J.	Y1
Prinzen, Billi Jayne	Y3	Tran, Grace	Y4
Ratermann, Stefanie M.	Y1	Tran, Trisha	Y4
Recksiedler, Carmen L.	Y2	Trieu, Kevin	Y2
Rickels, Michael D.	Y2	Tseng, Eric	Y4
Ross, Kyle D.	Y1	Tseng, Tommy	Y3
Ryan, Kevin M.	Y1	Tung, Jason	Y4
Safratowich, Susan	Y3	Turner, Brady D.	Y1
Saltee, Jacky A.	Y1	Twardowski, Matthew J.	Y2
Samson, Jamie L.	Y1	Ung, Susan A.	Y2
Scheurer, Ashley M.	Y2	Ursetta, Carla	Y4
Schirner, Chad A.	Y2	Vaassen, Samantha R.	Y1
Sendster, Amanda E.	Y1	VanDyke, Angela M.	Y4

Varney, David P.	Y1
Vasilnek, Nicole M.	Y1
Veire, Evan J.	Y4
Vendegna, Nicole L.	Y3
Vien, Lee Q.	Y4
Virji, Nysha	Y2
Vogt, Sierra N.	Y1
Walker, Mathew T.	Y4
Walker, Molly J.	Y3
Warren, Elizabeth A.	Y4
Wheeler, Janet A.	Y4
Williams, Stacy A.	Y3
Wittrock, Andrea J.	Y3
Wolan, Margaret	Y1
Wong, Vanessa	Y4
Woo, Andrea C.	Y4
Woods, Lakitta M.	Y4
Yam, Jane	Y3
Yeh, Annie	Y1
Yin, Huizi	Y1
Zickel, Michelle L.	Y2
d'Entremont, Naomi C.	Y3

CLASSIFIEDS

No Classifieds at this time.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

From Dr. Stephanie Messner:

Residency information for the following program is now available in the Student Affairs Office:

Residency in Primary Care/Ocular Disease VAMHCS/Perry Point VAMC, MD

For all scholarships and fellowships, please stop by the Student Affairs Office for more information!

	All scholarship informat	tion can be found in the 3rd drawer	of the cabinet on t	he South wall.
	Scholarship	Who's Eligible	Amount	Deadline
	Varilux® Student Grant Award Program	3 and 4 th year students Case Report	\$1000 to each schools winner, National award winner receives trip to AOA and AOSA meeting in June in Seattle	Due to SAO by January 4, 2008 *(Deadline extended to January 17, 2008)
	Alcon 4 th Year Optometry Student 2008 Case Study Award.	4 th year Write a case report that incorporates the use of any Aleon product	\$1,000 to each schools winner, National winner: Addl' \$5,000	January 31, 2008 – to Student Affairs Office
	AOA Student Leadership Award	3 rd Year Leadership roles One page curriculum vita Good academic standing	\$1,000 to each school	Feb 1 st to Student Affairs Office
	:12009			
oio		- 11		

Chicago Area Schweitzer Fellows Program	 Health professions, Graduate level-degree in Chicago Area Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life Projects include 200 hours direct services, Site mentor, Faculty Mentor, Written report 	\$2,000 stipend	Applications received by Friday Feb 1, 2008 to the Chicago Area Schweitzer Fellow Program
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Helping profession Domicility in greater Chicago area 	\$500.000 available funds	Application Deadline February 15, 2008. Apply at www.jvschicago.org
AOSA-The Vision Care Institute™ - LLC - Travel Grant Essay Contest	 Member of AOSA Good academic standing One page curriculum vita Essay Attend 2008 meeting 	(2) \$500 Travel Grants at each school	Due to ICO Student Affairs Office 3/1/08
HOYA Vision Care Grant and Scholarship Program	 3rd and 4th Year Submit Patient Case Study involving HOYA products 	\$1,000 National Winner get an addt'l \$6,000	April 1 st to Student Affairs
InfantSEE® Scholarship Grant	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	\$1,000	April 1 st to Student Affairs
Healthy Eyes Healthy People™ Scholarship Grant (AOA)	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	30,090	April 1 st to Student Affairs
Dr. Stanley Pearle Scholarship Fund	Optometry Student Accomplishments in leadership, community service and extracurricular activities	(20) \$2,000	April 15 th to Pearle Vision Foundation
John Gyles Education Awards	Canadian or US Citizenship Post Secondary Study	\$3,000	June 1 st , 2008 Application on-line at www.johngylesedu cationcenter.com

The Student Affairs Office has now information, so stop by and check it out

FITNESS CORNER

Winter Quarter Fitness Class Update

For all you early birds with resolutions, there is a new fitness class on Monday morning from 6:30 am-7:30 am. The class is Sculpt and Spin and features a combination of

cycling and strength training moves. Come check out this great class to kick your work out into gear for the New Year!

Please note that all of Shelby's classes will be canceled for the remainder of the quarter.



Massage Therapy at ICO

On Wednesday, January 23 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Please call X7460 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

Massage pricing is as follows:

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

FREE Personal Training

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS	ARE
Kevin Harris	Box 542
Chris Pavone	Box 220

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

New Year Nutrition Information

If you have resolved to eat healthy in 2008, but don't know where to look for nutrition information you do not have to search any longer. There is a new free online source for those individuals seeking reputable putrition information: www.NutritionPedia.com. Geared to consumers, this searchable database lists nutrition fact labels for more than 50,000 branded lood products. The site even offers an online editing tool that allows use s to add new food items to the database!

This information is provided by IDEA Fitness Journal.

Good-bye to Shelby Lalich

After 5 years of service to ICO and students, Shelby has indicated that January 31 will be her last day working at ICO. We will miss her, however we know that she will enjoy her time at home with her son.

WINTER 2007-2008 EXAM SCHEDULE

		VEN AT 8:00-8:50 AM UNLESS OTHERWISE IND YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS	
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
12/6 Th	BHS 150.2 Biochemistry II Room 1200-1203 BAKKUM, GOODFELLOW	OLOGINO TEXT	THIND TEXAS
12/7 F		BHS 254.2 General and Ocular Pharmacology Room 1200-1203 ALLISON, LESHER	meren ad Niw etysig.
12/10 M	BHS 107 Applied Ocular Anatomy Room 1200-1203 TRACHIMOWICZ, ZOLTOSKI		
12/11 T	Traditimovitos, socioda	CLE 262.2 Optometry 2.2 Room 1200-1203 BLOCK, KLEMENCIC	nonce emisione s
12/12 W	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203 DONATI, HODUR	BEOOK, NEEMENOIO	
12/13 Th	BONATI, HODOK	CLE 270.2 Ophthalmic Optics II Room 1200-1203 S. MESSNER, NGUYEN	
12/14 F	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203 POOLE, SKLUZACEK	o. Incorect, Nooren	CLE 376.1 Strabismus and Amblyopi Room 1201-1202 TEITELBAUM, WYLES
12/17 M	POULE, SKLUZACEK	BHS 263.1 Ocular Disease I Room 1200-1203 GUNDERSON, MAINO	TETTELBAUM, WILES
12/18 T	BHS 116.2 Human Physiology & Pathology II Room 1200-1203	GUNDERSON, MAINO	BHS 360.2 Clinical Medicine Room 1201-1202
12/19 W	REEDER, SAEED	CLE 262.4 Introduction to Binocular Anomalies Room 1200-1203	KHAN,YOUNG
12/20 Th	CLE 162.2 Optometry 1.2 Room 1200-1203	DAUM,STONE	CLE 367 Low Vision Room 1201-1202
12/21 F	LESHER,PANG	BHS 245 Color Vision & Developmental Neurobiology Room 1200-1203	NGUYEN,PIHOS
1/3 Th	BHS 150.2 Biochemistry II Room 1200-1203	BAKER,McMAHON	03,012
1/4 F	REEDER,TRACHIMOWICZ	BHS 248 Persp on Behavioral Disorders Room 1200-1203	6
1/7 M	BHS 107 Applied Ocular Anatomy Room 1200-1203	ALLISON,PANG	(0)
1/8 T	TAHIR,GUNDERSON	BHS 254.2 General and Ocular Pharmacology Room 1200-1203	
1/9 W	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203	BLOCK,BAKKUM	s are gettrer state.
1/10 Th	BAKER,DAUM	CLE 270.2 Ophthalmic Optics II Room 1200-1703 HODUR PNOS	BHS 363.4 Gen. & Ocular Emergencia Room 1201-1202
1/11 F	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203	HODDIEPINOS	McMAHON, TYLER
1/14 M	MAINO,WYLES	Room 1200-1203 NGUYEN,SAEED	
1/15 T	BHS 116.2 Human Physiology & Pathology II Room 1200-1203 GOODFELLOW.ZOLTOSKI	NGOTEN,GALED	BHS-360.2 Clinical Medicine Room 1201-1202 FRANTZ,KLEMENCIC
1/16 W	GOODFEELOW, COLTOSKI	BHS 263.1 Ocular Disease I Room 1200-1203 PANG,POOLE	TIONIZE, REEMENOIO
1/18 F	CLE 162.2 Optometry 1.2 Room 1200-1203 DAUM, DUJSIK		best local School of Street
1/23 W	BHS 107 Applied Ocular Anatomy Room 1200-1203 REEDER, TRACHMONUSZ	CLE 262.4 Introduction to Binocular Anomalies Room 1201-1202 ALLISON.DONATI	tras reeniastrio il
1/24 Th	REEDER, I IVIETING DELEC	ALEIGOTATI	CLE 367 Low Vision Room 1201-1202
1/25 F	BHS 150.2 Biochemistry II Room 1200-1203	CLE 270.2 Ophthalmic Optics II Room 1201-1202	BAKKUM,STONE
1/28 M	HODUR,KHAN	MAINO,SCHLANGE BHS 245 Color Vision & Developmental Neurobiology Room 1200-1203	
1/29	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203 BLOCK,McMAHON	GUNDERSON, LEE	CLE 376.1 Strabismus and Amblyopi Room 1201-1202 NGUYEN,TEITELBAUM
1/3	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203 S. MESSNER,TYLER	the state of the s	100001011
2/1 F	o. meoritary i dali	BHS 254.2 General and Ocular Pharmacology Room 1200-1203 LESHER, POOLE	Primary Care Conference Exam Room 1201-1202 DAUM,WYLES
2/5 T		BHS 248 Persp on Behavioral Disorders Room 1200-1203 SAEED,YOUNG	

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Focal Point

CAMPUSNEWS

Eyeball 2008

This year's Eyeball will be held on Saturday, March 1st at the Marriott Downtown Magnificent Mile, located at 540 North Michigan Avenue.

Sign up for the Eyeball will be outside 1200 until Friday,

February 8th. Cost to attend this year's event is \$60.00 per ticket which includes hors d'oeuvres, a 3 course meal, 2 drinks of your choice, transportation from

SA President-Flect

ICO to the Marriott and back, and an evening of dancing, food, and fun with your ICO colleagues!

If you have any questions please contact me at ckrohn@eyedoc.ico.edu.

Hope to see you all there!

Yoplait Lid Colles Coll

Thank you to everyone ho dropped off Yoplait yogurt lids turing December. We collected 236 lids! think this project was a great success, and was very impressed with the contributions. Thanks again for your help and support

Emily Thompson, ICO - APHA local liaison

FCO Fundraiser News

mank you to all the students and staff who

contributed to the FCO raffle fundraiser last week. Over \$400 was raised for our mission trip to Haiti in February. This money will be used to fund the building of a church in Haiti as well as some of the teams travel expenses.

We would like
acknowledge
companies
donated items for
fundraiser: Broatin Chicago, Grand
Café, Heine, Matt

conneer Optical, Volk Optical, and Woodlyn Inc. We would also like to acknowledge Alcon and Allergan. Together, these two companies have generously donated almost 800 bottles of valuable ocular meds for our trip! We feel so blessed by the support of our ICO family and the companies listed above. Thank you!

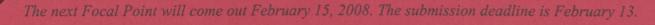
The Haiti Team.

Molly Walker, Leah Cate, Jamie Johnson, John O'Brien, Anna O'Brien, Rebecca Hampu

AOSA Trust-Elect Election

Please take the time to read the essays of the AOSA Trust-Elect candidates from the Class of 2011. The essays are posted on the AOSA board in the Presidential lounge. Voting will take place during finals.

Niki Henriksen, Class of 2010 AOSA Trust-Elect



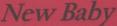
"Brew me a cup for a winter's night.

Spice it with love and stir it with care,

And I'll toast our bright eyes,

my sweetheart fair."
- Minna Thomas Antrim

For the wind howls loud and the furies fight;





Miles Arthur Deibert was born to Third Year student Ryan Deibert and wife Melinda Deibert on January 10, 2008, at 8:02 pm. Miles weighs in at 7 lbs and 15oz. Congratulations Ryan and lelinda!

From Security

Bus Stop Relocation

The Bus Stop which was in front of the Pilgrim Baptist Church on 33rd and Indiana was relocated North on Indiana, and placed in front of our RC Courtyard. A Bus Stop sign was posted but a No Parking sign was not. Do not park South of this sign to 33rd St. Parking Citations have been issued. We are trying to have the correct signs posted as soon as possible.

No Parking

The Illinois Eye Institute main outdoor parking lot on Michigan Avenue is reserved only for patients of the IEI. Parking in the Circular Drive located at the Indiana Entrance is for authorized visitors only. No exceptions will be allowed for students, staff, or faculty. A Parking citation will be issued for the first violation. Any additional violations will result in the vehicle being towed at owners expense and offenders supervisor being notified.

2008 Award Opportunitie

Attention Students and Residents! 2008

Award Opportunities

The CLCS is excited to a function five

Research Award Opportunities

Students and contact lens/anterior segment disease residents will be asked to write research papers and variety of

topics that are triggly pertinent to the field of collect lenses.



Allersan is supporting a student/resident ward for research papers discussing:

"Combating Microbial Keratitis in our Contact Lens Patients: Prevention and Treatment."

CIBA OVISION.

CIBA Vision is supporting a student award for research papers discussing: "Unique Applications of Silicone Hydrogel Lenses."

Goper Vision

Cooper Vision is supporting a student/resident award for research papers discussing: "Contemporary Contact Lens Management of Presbyopia...Vision Correction Beyond Monovision."

AMO.

Advanced Medical Optics is supporting a resident award for research papers discussing: "My most challenging contact lens case."

Consect Leas and Corney Gerrin

The American Optometric Association Contact Let's and Cornea Section is supporting a student award for research papers discussing: "My most challenging contact lens case."

Fach award will include:

- One first-place award providing a \$2,000 check, round-trip airfare and two-nights stay at Optometry's Meeting™, as well as meal reimbursement, a plaque, and acknowledgement at the Annual Business Meeting of the CLCS at Optometry's Meetingt™ this coming June in Seattle.
- Two "runner-up" awards will provide a \$1,000 check and certificate.

Award Submission Criteria:

- 1. Must be a current CLCS member.
 - 2. Must meet the submission deadline of March 15, 2008.
- 3. Must include complete contact

information with submission.

- 4. Must specify which award submission research paper covers.
- Must be present at the AOA CLCS' Annual 2008 Optometry's Meeting™ events.
- 6. Must include a reference page.

The CLCS Awards Committee will review and score the research papers on relevancy, clinical findings/analysis, and conclusion write-up. Highest score wins!

Submissions should be e-mailed to RRRisko@aoa.org and a hard copy mailed to:

AOA Contact Lens and Cornea Section,

Attn: Robin Risko

243 North Lindbergh Boulevard, Floor 1

St. Louis, MO 63141

Applicants will be notified of the committee's decision prior to April 30. For further questions, please contact Robin Risko at (800) 365-2219 ext. 4137.

Residency Award

For Residents: The American Optometric Foundation is accepting applications for the 2008 Sheldon Wechesler and George Mertz Contact Lens Residency Award. \$4,000, part of which is in the form of a travel fellowship is available. Deadline for the application is March 1, 2008. Information is available at http://www.aaopt.org/aof/scolarship/index.asp.

Beta Sigma Kappa (BS)

The Beta Sigma Kappa (DSK) Student Research Grant Program continues as the only source of research funding dollars provided solely to students at accredited schools or colleges of optometry in the United States and Canada. This program's funding has benefited bundreds of optometry students whose academic curiosity has led them to seek answers to a vast variety of professionally-based questions.

We encourage all optometry students to apply

for BSK research grant funding in support of their planned project.

These materials are also available online at www.betasigmakappa.net. All optometry students, irrespective of membership in BSK, are eligible to apply for research grants from BSK. The deadline for submission is February 15, 2008.

If you have any questions or need additional information, please don't hesitate to contact me at 785-640-3026 or by e-mail at bsktodd@sbcglobal.net.

Lockers Reminder

Attention Fourth Year Students Leaving ICO for Off-Campus Externships in Spring Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also please inform Kathy in the Student Affairs Office (7401) which locker you are vacating

Attention Fourth Year Students Arriving On-Campus from Off-Campus Externships If you are in need of a locker, please find an available locker and stop by to see Kathy in the Student Affairs Office to register for it. It is advisable to have a lock handy to place immediately on your locker. Thank you for your cooperation.

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

New Posters

For the week of Feb 1-8 the Library will display "The Effect of Lens Modulus on Optical Abberrations and Image Quality in Patients Wearing Silicone Hydrogel Contact Lenses" by Dr. G. Gunderson and students Eileen Bush and Emily Pott.

For the week of Feb 8-15, the Library will

display "Correctable Visual Impairment in a Low-Income Uninsured Population" by Dr. J. Winters. Please direct all questions to any of the authors.

Spanish for Optometrists

The Library has purchased books to help optometrists learn to communicate with Spanish-speaking patients. The books include CD-ROMs or DVDs so that the learner can read and hear the appropriate Spanish words and phrases.

- Spanish and the medical interview: a textbook for clinically relevant medical Spanish, RC65 .078 2007
- Spanish terminology for the eyecare team
 terminología en español para el equipo de cuidado ocular, PC4120 .M3 C46 2006
- Spanish for Optometrists, PC4120 .06 S6 2005
- ▶ Spanish for Opticians, PC4120 .06 S62 2005
- ▶ Building a medical vocabulary: with Spanish translations,
- R123 .L46 2005

Library Full Text Sources

The Atlas of Ophthalmology is a free, public, online database of over 3000 images with legends and diagnoses. It is free of charge and edited by specialists in the field. Users are encouraged to support the atlas by submitting interesting cases. The Atlas may be accessed at http://www.atlas.oph thalmology.com/ and also is listed on the Library's homepage under Full Text Sources.

The Library also provides from its homepage under More Fulltext Sources—E-books: Ophthalmic Drug Facts, the Daily Med (FDA approved package inserts), Duane's Clinical Ophthalmology and the Will's Eye Manual among other resources.

Library Photocopying and Printing

From http://theview.ico.edu, it is possible to view how much money is left or our campus card and what charges have been made against it. For instance, if

the photocopier or printer does not print your entire job when there is a paper jam, you can check to see if the full cost was actually charged against your card. Also, if you are unable to print or photocopy, it could be that there are insufficient funds to pay for the entire job.

Go to http://theview.ico.edu and click on ICO Online Card Office from the quick links on the left side of the screen. Your User Name and Password is the same as your network login.

Important Note

The library meeting rooms will be used for some laboratory sections beginning with the Spring Quarter. This is the Library's way to participate in the third floor remodeling project that will take place this summer.

Valentine's Day

The Library has a new copy of *Hurst's The Heart* (RC667.H4 2008). Although the Library mostly buys books about the eye and vision, we try to purchase the primary texts in other major medical areas as well.

For other heart books, check out:

- Open Heart: Stories of Hope, Healing, and Happiness, by Lester Sauvage, RD598 .S28 1996
- Living Well, Staying Well: Big Health Rewards from Small Lifestyle Changes, American Heart Association, RC268 .A5 1996
- Where the Heart Is, Billie Letts [romance], RRCN .L569
- ▶ Waiting Heart, Jeanne Allan [romance], RRCF .A52W

Happy Ground Hog's Day and we look forward to seeing you again in the Library!

Did You Know?

Dr Colip

Bacterial Adhesion to Conventional vs. Silicone Hydrogel Lens Materials

Because bacterial adhesion to contact lenses may contribute to the pathogenesis of keratitis, this study investigated in vitro adhesion of clinically relevant bacteria to conventional hydrogel (standard HEMA) and silicone hydrogel contact lenses using a bioluminescent ATP assay. Four types of unworn contact lenses (etafilcon A, galyfilcon A, balafilcon A, lotrafilcon B) were incubated epidermidis Staphylococcus and different strains) Pseudomonas aeruginosa suspended in phosphate buffered saline (PBS). Lenses were placed with the posterior surface facing up and were incubated in the bacterial suspension for 4 hours at 37 degrees C. Bacterial binding was then measured and studied by bioluminescent ATP assay. Six replicate experiments were performed for each lens and strain.

Adhesion of all species of bacteria to standard HEMA contact lenses (etafilcon A) was significantly lower than that of three types of silicone hydrogel contact lenses, whereas lotrafilcon B material showed the highest level of bacterial binding. Differences between species in the overall level of adhesion to the different types of contact lenses were observed. Adhesion of *P. aeruginosa* was typically at least 20 times greater than that observed with both *S. epidermidis* strains.

Conventional hydrogel contact lenses exhibit significantly lower bacterial adhesion in vitro than silicone hydrogel ones. This could be due to the greater hydrophobicity, but also to the higher oxygen transmissibility, of silicone hydrogel lenses

SOURCE: • Kodjikian L, Casoli-Bergeron E, Malet F, et al. Bacterial adhesion to conventional hydrogel and new silicone-hydrogel contact lens materials. Graefes Arch Clin Exp Sphthalmol 2007; Nov 7 [Epub ahead of

Survey Confirms Americans Largely Unaware of Danger to Eyes from UV Rays

A recent survey conducted by the New England Eye Institute and Transitions Optical, found that while nearly 80 percent of consumers are aware that UV exposure can cause skin cancer, only five percent know it can harm the eyes. The survey found that more than half (57 percent) of respondents said they do not wear protective eyewear when in the sun for extended periods of time. With Americans spending an average of 3.5 hours per day outdoors, this is a significant amount of time for UV damage to occur each day - amounting to a potential of more than 1,000 hours of UV damage to their eyes each year.

The survey also found that 44 percent of respondents do not have daily eyewear with UV protection and nearly half of young adult respondents (age 38.24) say they do not agree that UV protection is important at all.

According to the World Health Organization, 3.2 million people worldwide are blind as a result of cataracts, which have been linked to UV exposure. Younger people, ages 18-24, are at an even greater risk for UV damage that will impact their vision later on in life as they are more active and tend to spend more time outdoors.

Maino Musings

Vision therapy effective in reducing symptoms in patients with convergence insufficiency

A paper in the journal Strabismus noted that 78 patients who never had vision therapy but exhibited convergence insufficiency or other binocular vision anomalies participated in a program of orthoptics. At the completion of the program 47/55 cases that originally noted a reduced near point of convergence normalized following treatment with the mean near point of convergence improving from 16.6 to 8.4 cm

(p = 0.0001). Fusional reserves normalized in 29/50 patients. Fusional convergence improved significantly for those with exodeviations (p > 0.0006) and 65/78 patients with asthenopia also greatly improved.

See: Aziz S, Cleary M, Stewart HK, Weir CR. Are orthoptic exercises an effective treatment for convergence and fusion deficiencies? Strabismus. 2006 Dec;14(4):183-9.

Mark Your Calendar

If you like listening to live classical music, mark your calendars for the Rising Stars Concert on Friday, Feb. 22nd (8:00pm) featuring Katalin Von Walterskirchen on cello and Scott Moore on violin. Also on Saturday, March 15th (8:00pm), Julia Davids, soprano and Eric Budzynski on organ will be featured. All concerts will take place at St. Bartholomew Church. Go to http://www.stbartschoir.net for the latest information.

Announcing the opening of a two person exhibition of photographs at the Fermilab Art Gallery

Featuring: Jeff Curto - The Italian Portfolio: Evidence of Hands on Stone

Tanya Lunina - Flowers: Colors, Lines & Shapes

January 25, 2008 - March 14, 2008

Artist's reception: Friday, February 1, from 5 to 7

Fermilab is in Batavia, IL; access is via Pine Street at Kirk road. The Fermilab gallery is in the Wilson building.

You can see more info here: http://www.fnal.gov/pub/Art_Gallery/

NECO Summer Research

The New England College of Optometry would like to extend an invitation for qualified students to spend this summer in Boston!

They will be doing research alongside some of NECO's finest. The deadline for application must be post-marked March

If you have any questions please contact Dr. Jane Gwiazda, gwiazdaj@neco.edu, Head of the Student Summer Research Program.

C L A S S I F I E D S

Work Study Opportunity

The Development Office is in need of confident, well-spoken, students to help us call our alumni and thank them for their generous contributions to this year's Annual Fund Campaign. Thank-you calls will be made during the weeks of Feb. 25 - Feb. 29, 2008 and Mar. 3 - Mar. 7, 2008.

Benefits include: Work-Study Pay, Flexible hours, On-campus location and Opportunity to network. If you think you would to help us say thank you, please contact Trish de Maat at (312)-949-7071 or pdemaat@ico.edu.

Third and Fourth Year Students

From: Dr. Trachimowicz

RE: Optometry Seminar CLE 262.3 Lab TA Positions

TAs are needed for this 2nd year lab on the following days:

Mondays 2-5pm

Thesday 2-5pm

Thursdays 2-5pm

Fridays 9-12 noon

Fridays 1-4pm

If interested in "teaching" in the lab and you are doing well in clinic, please feel free to sign up for the days you are available.

A sign up sheet will be posted by my office (Brady room 2017). PLEASE PRINT LEGIBLY. Dr. Castells and I will review all the applicants and get back to you soon. Thanks for your interest!

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

	Scholarship	Who's Eligible	Amount	Deadline
	AOA Student Leadership Award	 3rd Year Leadership roles One page curriculum vita Good academic standing 	\$1,000 to each school	Feb 1 st to Student Affairs Office
	Chicago Area Schweitzer Fellows Program	 Health professions, Graduate level-degree in Chicago Area Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life Projects include 200 hours direct services, Site mentor, Faculty Mentor, Written report 	\$2,000 stipend	Applications received by Friday Feb 1, 2008 to the Chicago Area Schweitzer Fellow Program
	The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Helping profession Domicility in greater Chicago area 	\$500.000 available funds	Application Deadline February 15, 2008. Apply at www.jvschicago.org
	BSK Research Grant Program	Planned project	\$1,000 maximum	Feb 15, 2008
	Cribb Leadership & Service Award	 One Award for each Year Outstanding leadership and service to the ICO community 	\$1,000 for 1,2,3 Year \$4,000 for 4 th Year	Deadline to Tiffany Andrzejewski, box 483 by Feb. 25, 08
	AOSA-The Vision Care Institute™ - LLC - Travel Grant Essay Contest	 Member of AOSA Good academic standing One page curriculum vita Essay Attend 2008 meeting 	(2) \$500 Travel Grants at each school	Due to ICO Student Affairs Office 3/1/08
	AOA Research Award/ Allergan	 Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner -	March 15, 2008
	AOA Research Award/ Ciba Vision	Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™	up \$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner - up	March 15, 2008
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AOA Research	Research Paper Member of CLCS	\$2,000 and	March 15, 2008
Award/ Cooper Vision	 Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	ticket/lodging to Optometry Meeting™ \$1,000 runner - up	ne udianaloria liuroj
AOA Contact Lens and Cornea Section	 Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner - up	March 15, 2008
The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	500 word prospectus of research	\$2,500	April 1st
HOYA Vision Care Grant and Scholarship Program	 3rd and 4th Year Submit Patient Case Study involving HOYA products 	\$1,000 National Winner get an addt'l \$6,000	April 1 st to Student Affairs
InfantSEE® Scholarship Grant	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	\$1,000	April 1 st to Student Affairs
Healthy Eyes Healthy People™ Scholarship Grant (AOA)	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	\$1,060	April 1 st to Student Affairs
Walman Optical Company Scholarship Program	 2nd or 3rd year Selection on basis of grades leadership, community service, work experience unusual personal circumstance 	\$500 - \$3,000	April 10, 2008
Dr. Stanley Pearle Scholarship Fund	Optometry Student Accomplishments in leadership community service and extracurricular activities	(20) \$2,000	April 15 th to Pearle Vision Foundation
John Gyles Education Awards	Canadian or US Citizenship Post Secondary Study	\$3,000	June 1 st , 2008 Application on-line at
			www.johngylesedu cationcenter.com

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Massage Therapy at ICO

on Wednesday, February 6 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start

the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Please call X7415 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

Massage pricing is as follows:

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

FREE Personal Training

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS	ARE	
Kevin Harris	Box 542	8
Chris Pavone	Box 220	0)

Fitness Coordinator Position

As you may know, we in the process of identifying the best candidate for the Coordinator position. Fitness position's job description is posted on the bulletin board outside Human Resources online well http://www.ico.edu/generalinformation/job opportunities.html. If you know someone who might have the background and experience, please share job de cription.

In the interim, any questions or concerns about the Fitness Center, FC services, or the Gym can be directed to Beth Karmis at ext. 7415.

Eye on Wellness

A couple Heart-Healthy recipes from the American Heart Association...just in time for the big game!

Spinach Dip

1 ½ cups reduced fat mayonnaise (2 grams fat per Tbsp.)

1 cup non-fat sour cream

1 (10-oz.) pkg. frozen chopped spinach, thawed and well drained

½ pkg. dry vegetable soup mix

2 Tbsp. freshly grated Parmesan cheese ½ cup red pepper, chopped very fine

1 clove garlic, crushed or ½ tsp. garlic powder

1/8 tsp. liquid hot pepper seasoning

In medium bowl, combine mayonnaise, sour cream, spinach, vegetable soup mix, Parmesan cheese, red pepper, garlic and liquid hot pepper seasoning until well blended. Cover; chill until serving time. Serve as a dip with crackers.

Note: Dude the soup mix on a plate to get an equal amount of vegetables and granular mixture. Check sodium content of soups as they vary widely.

Yield: 2 1/2 cups (1/4 cup per serving)

PER SERVING: CALORIES: 70

FAT: 2.5g

SATURATED FAT: 0g SODIUM: 350mg CARBOHYDRATE: 11g CHOLESTEROL: 0mg PROTEIN: 1g FIBER: 0g

Diabetic Exchange: 2/3 carbohydrate /

WeightWatchers Points: 2

Chili with Pasta

12 oz package ground turkey breast ½ cup chopped onion ½ cup chopped green bell pepper 3 garlic cloves, minced ½ cup water 1 Tbsp. chili powder

1 tsp. ground cumin 1/4 tsp. black pepper

2 cups cooked whole wheat spirals (about 4 oz. Uncooked)

1 (14.5-oz.) can diced tomatoes, no salt added with liquid

1 (15-oz.) can kidney beans no salt added, drained

1 cup frozen whole-kernel corn

1 (8-oz.) can tomato sauce (no-salt-added)

1 (6-oz.) can tomato paste

½ cup (2 oz.) shredded sharp cheddar cheese (reduced fat)

Brown ground meat in a large Dutch oven over medium-high heat, stirring to crumble meat. Drain well; wipe drippings from pan with paper towels. Return meat to pan, add onion, bell pepper, garlic, 1/2 cup water, chili powder, cumin and black pepper and sauté

about 3 minutes on medium heat. Stir in cooked pasta and beans, corn, tomato sauce and tomato paste. Bring to a boil; cover, reduce heat, and simmer 20 minutes, stirring occasionally. Spoon onto 8 plates and top with 1 tablespoon of cheese.

Note: May use de-fatted regular ground beef

Yield: 8 servings (serving size: 1 cup meat mixture and 1 tablespoon cheese)

PER SERVING: CALORIES: 220

FAT: 3q SATURATED FAT: 1g

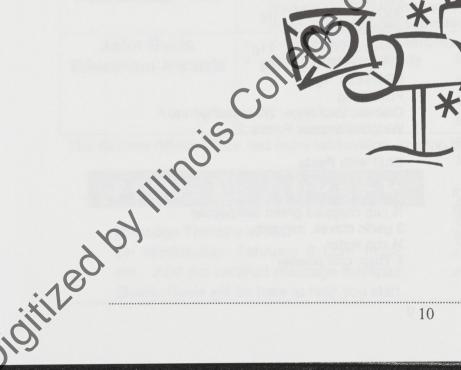
SODIUM: 270mg CARBOHYDRATE: 29g CHOLESTEROL: 20mg

PROTEIN: 22g FIBER: 12a

WINTER QUARTER FITNESS CLASS SCHEDULE

Undated as of February 1, 2008

opadiod do of footdary 1, 2000						
Monday	Tuesday	Wednesday	Thursday	Friday		
6:30 - 7:30 am		3.38				
Sculpt and Spin		A STATE OF THE PARTY OF THE PAR	40			
Kristie		C P MORNS	· M			
(through 2/16)						
5:30 - 6:30 pm		5:30 - 7:00	6:00 - 7:00			
Bellydancing		Yogalaties	Spinning			
Melissa		Kristie 🗙	Kristie			
(finals week, not		(through 2/16)	(through 2/16)			
break week)		~				



RGP Fitting Workshop

Sponsored by Polymer Tech and B&L With guest speaker Dr. Steve Byrnes

Sunday, March 9, 2008 Cornea Center for Clinical Excellence

10am Overview of GP fitting by Dr. Steve Byrnes RM 1201

10:30am Patients arrive at CCCE

11am Start fitting

1pm Finish fittings and schedule any follow-up appointments

1:25-2pm Wrap-up with lunch

Call for Patients:

Are you, a friend, or a family member interested in trying RGPs? This may be your chance. We need about 30 patients to sit for a fitting workshop. If successful, you will receive **free RGPs**.

To sign-up: Contact Dr. Brafman at sbrafman@ico.edu or Dr. Reeder at rreeder@ico.edu

Call for Student Clinicians (3rd and 4th years)

Do you want more practice fitting rigid lenses? Do you want to learn more about and work with the Envision aspheric lens design? Then sign op today!

To sign-up: Contact Aaron at <u>jledford@eyedoc.ico.edu</u> or Teresa at <u>tsanchez@eyedoc.ico.edu</u>

Deadline for Sign-up February 15, 2008

Orditzed by Hinois College of Optometry Library



Focal Point

CAMPUSNEWS

Practice Opportunities
Symposium

Practice Opportunities
Symposium is here!
Friday, February 29, 2008 from
1:30 - 4:30 p.m. in the lecture
center there will be a panel
discussion on "Your Role in Optometry".
Following the discussion, there will be a
sponsor fair in the gym where you can meet
and greet doctors that are hiring and product
reps that we will be working with you very
soon. Hors D'oeuvres will be served.

Commencement News

Commencement Activities

Mark you calendars for Wed., May 14th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO at 12:30 p.m. Following rehearsal there will be social time, awards presentations, time to visit with corporate sponsors concluding

with cap and gow Yearbook pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of

Chicago at 4 p.m. on Sunday, May 18. Rockefeller Chapel is located on 5850 S. Woodlawn Ave. A reception honoring the Class of 2008 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, this is a very busy week-end in Chicago because of the restaurant convention.

2008 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Scott Collings, box 144 or Vanessa Wong, box 273 at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Commencement Speaker - John Whitener, OD, MPH

Dr. Whitener recently retired as the Deputy Director of the American Optometric Association's Washington, D.C.

> office. He has been the driving force behind virtually every AOA Public Health outreach program and his many years of service to the profession for public

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."

- John Boswell

The next Focal Point will come out February 29, 2008. The submission deadline is February 27.

health advocacy are widely recognized. He is a 1964 ICO graduate and completed a Master's in Public Health degree from University of North Carolina, School of Public Health. He served as an officer in the Medical Service Corps prior to entering private practice and then beginning his over thirty years of service with AOA. Dr. Whitener has lectured, published and served on Public Health related committees throughout the country. He has most recently been recognized for his efforts managing the AOA's "Healthy Eyes Healthy People" initiatives.

Hooding Tradition

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Commencement newsletter which was emailed to you in January. If you would like to participate in this tradition, please complete the form and return it to Sharon Uher in the Student Affairs Office by March 3rd.

Attention: Third Year Students

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 a.m. to 3 p.m. on Wednesday, February 28th to accept your picture selection for the 2008 graduation composite and also take orders for graduation pictures. The proofs have been placed in your ICO mailboxes this week. We hope to have all orders returned to be before you leave for externship this summer.

2008-2009 RC Room Assignments

If you are interested in living in the RC for the 2008-2009 academic year, please sign up in the Student Affairs Office. The sign up sheet will be available from Monday, February 18, 9 a.m. until Friday, March 7 at 4 p.m. Those who sign up will be informed of their preliminary room assignment in a few weeks.

Questions? Contact Michelle Zickel (7845) or Casey Bartz (7808).

Graduation with Honors

Dr. Colip

For those students interested in graduating "with honors" the required cumulative GPA in each category at ICO is:

Summa Cum Laude – 3.90 to 4.00 Magna Cum Laude – 3.75 – 3.80 Cum Laude – 3.50 – 3.74 Go for it!

Tech Tips

Ahmed Mohammad

Use Internet Explorer to print a desired section of a web page

If you only want to print part of a given web page, you can save time and paper by incorporating a simple procedure into your print routine. To print one frame of a web page, just right-click within the frame and choose Print from the shortout menu. You can also highlight an area you want to print, right-click on the selection, and then choose Print from the shortcut menu.

PowerPoint Tip

Need a web page fast? Add an address bar to your PowerPoint toolbar (97/2000/v. 1/2002/2003)

When giving a presentation there may come a time when you want to quickly call up a website, but don't want to have to open up your browser first. For instance, your home page might be your family's website; when you're in the middle of a presentation, it's best to keep your audience focused, and any page other than the one you intend on showing may distract them. You can add an address bar to your Power point menu for instant access to sites you may have neglected to hyperlink to in the presentation.

To add the Address bar to Power point, rightclick any toolbar that's visible and choose Customize from the shortcut menu (Controlclick on the Mac). In the Customize dialog box, select the Commands tab and choose Web from the Categories list. Choose Address from the Commands panel and drag it to any toolbar. You can resize it as you like by dragging one side right or left. Click Close to exit the Customize dialog box. With the address bar in place, simply type in a URL and click [Enter] to access the web.

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods to contact the support team with a problem.

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

Library Hours for Exam and Break Week

Friday, Feb. 15 7:00 ammidnight

Saturday, Feb. 16 8:00 am-5:00 pm

Sunday, Feb. 17 CLOSED
Mon-Fri, Feb. 18-22 8:00 am-5:00 pm

Sat-Sun, Feb. 23-24 CLOSED

Monday, Feb. 25 Resume normal hours

Galvin Library at IIT Welcomes ICO Students

ICO students have permission to study in the Galvin Library at IIT. Please show your ID at the lower level circulation desk to gain entrance after the normal hours for the public. The hours for Galvin Library during the academic year when classes are in session are:

Sunday, 12 pm to 12 am Monday to Thursday, 8:30 am to 12 am Friday & Saturday, 8:30 am to 5 pm

Recalls

The Library recalls books and other items that are needed for reserve or have been requested by another user. They should be returned immediately or fines may be generated at \$1.00/per day. Items under a recall cannot be renewed and books may be

recalled even before the date due. If you cannot return a library item immediately because you are off-campus, please contact a library staff member as soon as possible to avoid fines.

February Is Black History Month

There is a display honoring Black History Month in the Library's first floor central display case. Please enjoy the display and contact us if you want to view any of the books or need more information.

New Poster

"Post Lasik Diplopia & Esotropia" by Dr. D. Maino. Please take time to view the poster but direct all questions to the author.

New Books

Eyes for Learning: Preventing and Curing Vision-related Learning
Problems, Antonia Offield. RE48.2.C5074
2007

37th Annual Meeting of the College of Optometrists in Vision Development. CDR 111 2007 DVD.

Walsh And Hoyt's Clinical Neuro-Oshthalmology: the Essentials. R£910.M52 2008

Interactive Edition, by Stephen Goldberg and William Trattler. RE50.G6 2008

Intraocular Tumors: an Atlas and Textbook, Jerry A. Shields and Carol L. Shields. RC280.E9S547 2008

Eyelid, Conjunctival, and Orbital tumors: an Atlas and Textbook, Jerry A. Shields and Carol L. Shields. RC280.E9S545 2008

Clinical Medicine in Optometric Practice, Bruce Muchnick, O.D. RE65.M77 2008

Optic Nerve Disorders: Diagnosis and Management, Jane W. Chan. RE727.C42 2007

Glaucoma Surgery, edited by Teresa C. Chen. RE871.G528 2007

Vitreo-retinal Surgery, edited by Bernd Kirchhof and David Wong. RE551.V58 07

Off Campus On-Line Access to Full Text Journals

If you are a current student, employee or faculty member, you now have off-campus access to many of the full text journals to which the library subscribes. This service is not available to alumni or anyone not currently a student of or employed by ICO. This service will help the students on externship or those who like to work from home. If you did not keep or receive the username and password in an email on Friday, Dec 14th, please contact the Library at cshepard@ico.edu so we can resend it to you.

Remember, the user ID and password cannot be shared with anyone except current students, faculty, or staff of ICO. Sharing the password would violate the license agreement.

The Library has created a user id and password to access the same fulltext online articles available on campus when off campus as well.

Log into http://theview.ico.edu and choose the library button. Choose "Full Text Sources" in the left column. Under "Search Full Text Sources", click on the "Online Journal List" or choose "Citation Linker" in the left column. Search for the journal title using the form, and any other article citation information you have to pull up the full article.

Alternatively: Go to http://library.ico.edu and choose "Citation Linker". Enter the name of the journal and any other pertinent information to get to the article.

Alternatively: Search PubMed from any library page. When you find an article of interest, click on the author's name to get to the citation. It you see a blue ICO Online button or the Red Get It ICO button, click on either button.

Important: When you are off campus you will get a popup box that asks for your user name

and password. That is where you will add the user name and password that was distributed by email in December. (Remember, this info cannot be shared with anyone other than current students. Alum cannot have access to this secure data). You should now get the full text article at your computer.

Later this year, we will add the same service to VisionCite articles.

Note: your User Name and PIN for VisionCite is unique to you and is different from the Full Text information noted above. Please contact a library staff member if you need the off-campus log in and password, or your VisionCite login and pin.

Note 2: To request full text articles that you cannot get from off campus, you can email the library at cshepard@ico.edu and we can send the pdf copies of articles to you if you are on externship and you are more than 50 miles from the campus.

Note 3: The Red GET It ICO button also has a document delivery request form. PubMed fills out the citation information for you. However the same rules apply as listed in Note 2.

Important Note

From The Mailroom Staff:

To Whom it May concern:

Recently we were made aware that some items are being placed in Student Mailboxes that are inappropriate. It has become necessary to remind all persons who access mailboxes of the following alert.

For the Integrity of our Mail System

- Only authorized personnel or authorized students are allowed to place items into mailboxes. If you are handling any mail, you must do so only with permission from the mailroom Supervisor.
- Only authorized mail or appropriate notes may be placed in the mailboxes.
- Any violations will be reported to the Vice

President for Student Affairs for immediate action.

Thank you for assisting us with protecting the integrity of the mail system.

No Smoking Reminder

In order to comply with the City of Chicago Ordinance, ICO's policy is as follows:

- 1. Smoking is not allowed in any of our garages, except for the top deck of the parking structure, at least 15 feet from the door.
- 2. Smoking is not allowed in the courtyard between buildings.
- 3. Smoking is not allowed within 15 feet of any of our entrances.

Parking Sign

A no parking-tow zone sign at the CTA bus stop has been placed in front of the RC on the southeast corner of Indiana Ave. Please avoid tickets by not parking there.

Microsoft Real Deal

Get Microsoft Office Ultimate 2007 for only \$59.95!

Matt Hendrickson

Microsoft has a deal for any student in the U.S. (with a .edu email address) to get Microsoft Office Ultimate 2007 (Retail \$679) for only \$59.95 through April 30. This can be done through Microsoft's promotional website: www.theultimatesteal.com. This offer is for students only. Please make your computer meets the system requirements before ordering.

Did You Know

Dr Colip

a Voluntary Clinical Approach to a Public Health Approach in Addressing Refractive Errors

Millions of people need eyeglasses and do not have them. Assuming that the average pair of eyeglasses has an effective lifespan of to five years, an additional 60 to 150 nillion spectacles would be needed each year

for the estimated 303 million individuals who currently need correction. Optometrists are engaged in a variety of capacities in an attempt to address the significant public health problem of uncorrected refractive error. One popular method used by many voluntary optometry-led organizations is to provide direct clinical services to individual patients in developing countries.

Considerable manpower, materials, money and logistical resources are used in conducting these short-term missions, yet scarce evidence exists regarding their cost effectiveness or the efficacy and long-term impact of these interventions. The provision of direct clinical services by most foreign volunteers does not directly build local capacity and may hinder development of sustainable local services. Adopting public health approaches will enable volunteer provider organizations to dramatically increase their program effectiveness and output, while developing local capacities in a sustainable way

These approaches should include:

- 1) John wing the national strategy for blindness prevention as determined by the Ministry of Health and forming partnerships with relevant local, national and international organizations.
- 2) Using need-based criteria to target programs more efficiently.
- 3) Developing sustainable services via local capacity building.
- 4) Monitoring, evaluating and using evidence to guide programs.

By using these approaches, a larger contribution will be made by volunteer organizations in addressing the unmet need for refractive correction.

SOURCE: Vincent JE, Pearce MG, Leasher J, et al. The rationale for shifting from a voluntary clinical approach to a public health approach in addressing refractive errors. Clin Exp Optom 2007;90(6):429-33.

Maino's Memos II

Romans and Cataract Surgery

Since I'm an optometrist and Italian, it's no wonder I'm interested in what my Roman ancestors accomplished in the area of eye care. It appears that the Romans were the first to perform cataract surgery in Briton. They used sharp needles to remove the cataract from the line of sight and occasionally, hard blows to

Ophthalmologist and Learning Related Vision Problems

the head (to dislodge the cataract).

Ophthalmologist, Harold Koller, wrote in the Orthoptic Journal American ophthalmologists should know about learning disabilities and cited Scheiman and Rouse (Scheiman MM, Rouse, MW: Optometric Management of Learning Related Vision Problems, St. Louis, MO; Mosby, Inc.; 1994.) as a text that should be used for OMDs to learn more. Want to know more about both http://www. topics? Go to these mainosmemos.blogspot.com/

Special Discount for ICO Students

For only \$10 you can go to a live concert featuring works by Bach, Rachmaninoff, Paganini, Saint-Saens, Mendelssohn & Sarasate on FRIDAY, February 22nd at 8:00pm at St. Bartholomew Catholic Church 4990 W. Addison (Addison/Lavergne) Chicago, IL 60641. Call 773 286-7871 to reserve your discount tickets. To http://www.stbartholomew.net information.

Lockers Reminder

Attention Fourth Year Students
Leaving ICO fo Off-Campus
Externships in Spring

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an



externship site. Also please inform Kathy in the Student Affairs Office (7401) which locker you are vacating.

Attention Fourth Year Students Arriving On-Campus from Off-Campus Externships If you are in need of a locker, please find an available locker and stop by to see Kathy in the Student Affairs Office to register for it. It is advisable to have a lock handy to place immediately on your locker. Thank you for your cooperation.

CLASSIFIEDS

Workstudy

Dr. Castells is looking for 1-2 work students to aid with the lecture aspect of Optometry Seminar (CLE 262.3) spring quarter. I am for assistance in reviewing looking assignments, logging work in Excel and possibly aiding in creating cases for case discussion. Applicants should have a good GPA (particularly) the optometry sequence) and strong clinical skills/grades. You should also be able to work independently and adhere the a deadline once given direction. For more information contact Dr. David Castells at ext 7247

TA Positions!

Third and Fourth Year Students

From: Dr. Trachimowicz

RE: Optometry Seminar CLE 262.3 Lab TA Positions

TAs are desperately needed for this 2nd year lab on the following days:

Thursdays 2-5pm

Fridays 1-4pm

If interested in "teaching" in the lab and you are doing well in clinic, please feel free to sign up for the days you are available..even if only for an hour or so. A sign up sheet is still posted by my office (Brady room 2017). PLEASE PRINT LEGIBLY. Thanks for your interest.

Work Study Opportunity

The Development Office is in need of confident, well-spoken, students to help us call our alumni and thank them for their generous contributions to this year's Annual Fund Campaign. Thank-you calls will be made during the weeks of Feb. 25 - Feb. 29, 2008 and Mar. 3 - Mar. 7, 2008.

Benefits include: Work-Study Pay, Flexible hours, On-campus location and Opportunity to network. If you think you would like to help us say thank you, please contact Trish de Maat at (312)-949-7071 or pdemaat@ico.edu.

Spring Work Study: Suite Technicians -

Thu 8:45 -11:30 am Suite 1 Sat 8:45 - 11:30 am Suite 2

Confirming & Rescheduling Clerk-

Mon, Wed, Thu, Fri - any 3 hour time block

Front Desk Assistant -

Mon 9-11, 4-6

Tue 9-11, 4-6

Wed 9-11, 1-3, 4-6

Thu 9-11

Sat 9-11

Please contact Dr. Rozwat at x7179 or arozwat@ico.edu if you are interested in any of the positions.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S HO P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

All scholarship information	tion can be found in the 3" drawer	of the cabinet on t	he South Wall.
Scholarship	Who's Eligible	Amount	Deadline
Cribb Leadership & Service Award	 One Award for each Year Outstanding leadership and service to the ICO community 	\$1,000 for 1,2,3 Vear \$4,000 for 4 th Year	Deadline to Tiffany Andrzejewski, box 483 by Feb. 25, 08
AOSA-The Vision Care Institute™ - LLC - Travel Grant Essay Contest	 Member of AOSA Good academic standing One page curriculum vita Essay Attend 2008 meeting 	(2) \$500 Travel Grants at each school	Due to ICO Student Affairs Office 3/1/08
Julius F. Neumueller Award in Optics	Paper not to exceed 3,000 words	\$500 and plaque	March 12, 2008
ASCO Student Award in Clinical Ethics- Ciba Vision Corp.	• 3 rd and 4 th Years • Essay up to 1,5500 words	\$1,000 and plaque	March 10, 2008 to Student Affairs Office (electronically)
AOA Research Award Allergan	 Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner - up	March 15, 2008

AOA Research Award/ Ciba Vision	 Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner -	March 15, 2008
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Dr. Stanley Pearle Scholarship Fund	Optometry Student Accomplishments in leadership, community service and extracurricular activities	(20) \$2,000	April 15 th to Pearle Vision Foundation
Dr. Allan V Wexler Memorial Scholarship (GOA)	Georgia Residency Student in Optometry School	\$1,000	Submitted to GOA By April 30, 2008
The 2008 Dr. Seymour Galina Grant	 3rd year Good academic standing Submit a paper 	\$2,500	May 1 st , 2008 to Student Affairs Office

John Gyles Education Awards	 Canadian or US Citizenship Post Secondary Study 	\$3,000	June 1 st , 2008 Application on-line at www.johngylesedu cationcenter.com
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of polish heritage Chicago area Resident 2nd year and beyond Good grades 	Varies	July 1, 2008

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Wellness Corner

We hope to be introducing ICO's new Fitness Coordinator and announcing the Spring Fitness Class schedule to you soon! In the interim, if you have questions or concerns about the Fitness Center, the Gym, on-campus massage therapy or any related program, please contact Beth Karmis at ext. 7415.

Massage Therapy at ICO

On Wednesday, February 27th from 11:30 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Please email (<u>bkarmis@ico.edu</u>) or sall X7415 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by the end of the day on 2/25/08.

Massage pricing is as follows:

	w/o oils	w/oils
20 minutes.	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

FREE Personal Training

don't know where to begin? Perhaps your

workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone rumber, and preferred training time(s).

YOUR TRAINERS	ARE
Kevin Harris	Box 542
Chris Pavone	Box 220

Eye on Wellness

Feeling Foggy?

Are you feeling scattered, forgetful, unfocused? Ok, maybe finals week had something to do with it...but other causes may be at work too! This month's "Consumer Reports onHealth" outlines several issues that can help improve mental clarity. If you're feeling off your game, consider these steps:

 Get a Routine Physical. Some mild cognitive lags can be a product of hypertension or a chemical/ metabolic/hormonal imbalance. A few simple blood tests can detect problems related to liver, kidney or thyroid function, blood sugar or sodium levels, iron or B12 deficiencies, or even an infection. A routine physical is the best place to start if mental clarity issues are causing concern.

- 2. Take a look at your medications. Drugs that can dull your senses may be obvious, but even some antibiotics and readily available over the counter medications can lead to foggy thinking. If you think your medications might be affecting your thinking, be sure to talk with your doctor.
- 3. Give your brain a break. Recent studies about stress and multitasking found that attempting to tackle several tasks at the same time can take two to four times longer than doing each task in sequence. Brain-scan studies help to explain that the switching back and forth is an inefficient use of your neurons. The only solution is to pull back, take a break, and arrange the tasks in order. To be productive you do need to rest your body and your mind.
- 4. Improve your sleep. Going without sleep for an extended period of time or getting insufficient sleep repetitively can diminish your cognitive abilities. Good sleep hygiene establishing routine sleep and waking times, avoiding alcohol and caffeine a few hours

before bedtime, and getting physical exercise early in the day.

- 5. Exercise. Exercise has been shown to improve brain function in those same areas adversely impacted by stress and poor sleep. Regular moderate exercise leads to more long term improvement of cognitive function. Exercise increases blood flow to the brain and enhances neural activity. Researchers also suggest that the fact that exercise reduces stress and provides social interaction may also have a great deal to do with the cognitive benefits realized.
- 6. Reach out to someone. Two recent studies from the University of Michigan support the positive impact of social interaction on cognitive function. In one study they found that individuals who more frequently interacted with family, friends, and neighbors also had increased cognitive function scores. A second U M study of young adults in an academic setting suggested that a social conversation with a friend 10 minutes prior to an exam boosted performance as much as intellectual tasks (doing a crossword or other puzzle). Even studies with elderly subjects revealed that satisfying relationships delayed or lessened the impact of dementia or cognitive decline.



Focal Point

CAMPUSNEWS

Third Floor Naming Contest

The new Third Floor construction project is going to

significant improvement for ICO's learning facilities when it opens in fall 2008. To go along with the new facilities. we are considering giving the new area/facilities a new name and we'd like to stimulate some student input in the process.



card! Let the creative juices flow!

Please submit all entries to kbrownfi@ico.edu.

Thirty Days are in September,

April, June and also November.

All the rest have thirty-one,

Except for February, which, when done

Has twenty-eight that we assign

But Leap Year gives it twenty-nine

International Night

MCA is sponsoring nternational Night on March 14th, 2008. The event will start at 5 pm with a blindspot featuring international food

prepared by ICO stodents and friends as well as green beer. It will continue at 7 pm with performances by ICO students/friends. It is not too late to lend a helping hand, whether you want to help with the blindspot, the performances or just display your traditional attire in our fashion show.

What should we call the third floor after it is renovated?

Rules;

1) Entries will only be accepted by email from an @eyedoc.ico.edu address,

2) Only the first three entries, per responding @eyedoc.ico.edu e-mail address, will be accepted,

3) ties will be determined by determine of email, those submitting similar selected words will be determined by date time of e-mail

4) ICO reserves the right to accept multiple or no entries - if a suitable name is not submitted by the deadline.

5) All entries must be submitted by Wed., March 5 et 4 cm (CST).

Winner will have the pride of having their submitted name live-on in perpetuity at ICO (plus bragging rights!).....and a \$100 gift

MCA Scholarship

MCA is also sponsoring a scholarship opportunity. This year's topic is "How does ICO and the field of optometry benefit from the presence of international students?" The essay should be between 1000 and 1200 words and submitted via email to Dr. Zoltoski by Monday, March 10 at 12 pm. Prizes include a \$500 scholarship and two ICO bookstore certificates to be awarded during MCA International Night on March 14th.

The next Focal Point will come out March 14, 2008. The submission deadline is March 12.

ICO Polar Plunge!

Sunday, March 2

Thank you for all your hard work and donations to the Special Children's Charities and Special Olympics!

You can still pledge the ICO team until March 31st at: http://www.active.com/donate/chicag opolarplunge08/ICO

Jennifer Durst, Class 2010

SA Community Service Director Elect



Leo Club News

On Wednesday, February 27th, the Induction Ceremony for the ICO Leo Club was held here on campus. The ICO Leo Club is a

student volunteer organization under the international group, the Lions Club. In attendance were over 40 new members, faculty, and the Hyde Park Lions.

The Lions and Leo Clubs have organizations in over 200 countries and focus on vision and hearing services. If you are interested in joining the ICO Leo Club, it isn't too late!! Contact any of the executive members and we will be happy to assist you in becoming part of the originating group.

President: Camy Grewal, Box 348
President-Elect: Mark Burke, Box 503
Secretary: Melissa Bussey, Box 17
Treasurer: Susan Ung, Box 642
Lions Club Liaison: Michael Yu, Box 540
Lions Club Liaison: Efren Gomex Box 536
Faculty Advisor: Dr. Sandra Block
Faculty Advisor: Dr. Kent Dawn

Label your Equipment

Ever pick up two retnoscopes in open lab and wonder which one was yours? Is that your near oard or mine?

The ICO Leo Club can help end that problem! March 3rd to 7th, the ICO Leo Club will be holding its first

Equipment Labels Fundraiser outside of room 1200 from 11 am to 2 pm all week. Label your equipment so you can focus on retinoscopy, and not the retinoscope in your hand!

Financial Aid News!

It's that time of year again- time to file your FAFSA for the 2008-09 academic year. We encourage you to complete your FAFSA as soon as possible- and are asking that you complete it by Feb 29th or as soon as possible in order to ensure that your summer funds arrive on-time.

You can complete the 2008-09 FAFSA online at www.fafsa.ed.gov. Our school code is 001689.

You will notice that there is NOT a renewal option for 2008-09, however, if you completed a FAFSA during 2007-08, your demographic information will automatically populate in your FAFSA.

Just as a reminder, we highly encourage you to submit your parents' information with your FAFSA. This allows you to apply for the Health Professions Student Loan- a 5% substitized loan. If you do not supply parent data we cannot consider you for this loan. Parent data is only used to determine eligibility- if your parent data doesn't qualify you for the Health Profession's Loan, it is ignored. So, there is no risk to your financial aid in providing the information.

As always, be sure to answer all of the questions on the FAFSA. If an answer is zero, please do not leave the item blank- just answer 0. On the FAFSA, "blank" doesn't translate into zero- it translates to ineligibility (the assumption is that it's a very high number that you don't want to tell us about).

As always feel free to contact us with any questions: finaid@ico.edu or 312.949.7441

Presentations at ARVO

Attention: Student's Planning to Present At the ARVO Meeting

Ft. Lauderdale, FL April 27-May 1

Travel fellowships to the 2008 ARVO meeting are available to ICO students and residents. These fellowships are funded by the Dean's Office. The amount and number of fellowships varies each year and is, in part, dependent on the number of students applying and their level of activity at ARVO. Any ICO third or fourth year student or resident planning to present their research at the ARVO meeting may apply for a travel fellowship. (Any first or second year student who is an author of an accepted poster or paper abstract is also eligible for an award.)

**Preference will be given to those students/residents who are presenting a poster or paper at this year's meeting. Additional consideration will be given to students who are pursuing a post-graduate residency, a career in optometric research or education and who are actively involved in other ICO student organizations. If you would like to apply for a travel fellowship please complete the following instructions exactly as specified.

- 1. Provide a brief statement (paragraph or two) as to why you should be considered for one of the travel fellowships. This statement should detail your specific contribution of work to be presented as well as explaining your polivation to attend the meeting.
- If you are presenting a poster at the meeting please include a copy of the abstract as it was submitted to
 - a.You must specify the order of authorship as it was submitted.

ARVO.

copy of the acceptance statement from ARVO.

c. If you had a poster abstract

- submitted and rejected, please include a statement about the intended presentation along with a copy of the abstract.
- 3. A short written statement must be submitted from a faculty member with whom you worked with to develop the abstract/poster. If you did not submit an abstract please ask a faculty mentor to provide a short statement regarding your professional and academic character.
- 4. Submit the <u>completed</u> statement <u>with</u> <u>supporting documents</u> to Dr. Mary Flynn Roberts by 5 PM, March 7, 2008. You can place the statement and supporting documents in my mailbox, send it to me via e-mail at <u>mflynn@ico.edu</u> or fax it to my attention at (312) 949-7653.
- Include your name, box number or address, e-mail address, and class year on the statement. A phone number is also helpful if the committee needs additional information.

A committee of the ICO faculty will review the statements and designate the award recipients. Any student awarded a travel fellowship from any other organization will not be eligible for this award and the money will be then given to another student.

Thank You, Dr. Flynn Roberts

William C. Ezell Fellowship

Purpose and History

Since 1947 the American Optometric Foundation has offered Ezell Fellowships to encourage talented persons to pursue full-time careers in optometric research and education.

The Ezell Fellowships have become the flagship program of the AOF.

Fellowships are for one year and the current amount of the award is \$8,000. Each student also receives travel grants to the annual meetings of the American Academy of Optometry and the Association for Research in Vision and Ophthalmology, which are \$750 each.

Eligibility

Post-graduate students, continuing a full-time program of study and training in research that leads to a Masters or Ph.D. degree.

Award Levels and Duration

Fellowships are \$8,000 and distributed to winners in September. Reapplication can lead to funding for an additional year.

Check with your Dean or Students Affairs office.

Tech Tips

Ahmed Mohammad

Easily enter numeric characters as text strings (Excel 97/2000/2002/v. X/2003)

You'll occasionally find that seemingly simple entries cause problems because Excel tries to interpret numeric values as a date. For instance, say that you have a column of product codes with values like 9-12, 10-22, and 8-2099, or you have data labels that describe the age ranges 1-3, 4-6, 7-9, and 10-12. Excel automatically converts the codes to 12-Sep, 22-Oct, and Aug-99. Likewise, Excel converts the range labels to 3-Jan, 6-Apr, 9-Jul, and 12-Oct.

There are a number of ways to avoid the problem, but the easiest is to take advantage of a simple entry shortcut. Simply precede your data with an apostrophe character ('). Doing so forces Excel to treat the entry as text data. For example, enter '3-2099. When you complete the entry, Excel doesn't display the apostrophe in the cell although you can still see it in the Formula bar.

Note that Excel aligns the entry along the cell's left edge. That's because the entry actually becomes a text value. Because of this, you generally don't want to use this

shortcut simply to left-align numeric values. Any formulas that depend on the numeric values could return errors or incorrect results if you do.

Contact Procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian
Welcome back and Happy Leap Day!

New Poster

For the week of Feb 29-Mar 7 "Torpedo Maculopathy: In-Vivo Histological Assessment Using Optical Coherence Tomography" by Drs. T. Sang, L. Messner, and A. Pilon will be on display in the library lobby

For the week of Mar 144 the library will display: "Successful Freatment of Uveitic Cystoid Macular Edema with Nevanac® (Nepafenac Ophthalmic Solution) by Drs. D. Opitz and S. Fung. Please take time to view the poster but direct all questions to the authors.

State Journals and Newsletters

o you know yet where you want to practice optometry? The Library collects the journals and newsletters of most of the state optometry associations. They are shelved on the second floor by state. Reading these publications may help you find jobs, equipment and identify the issues in that state, such as scope of practice and legal issues.

Recalls

The Library recalls books and other items that are needed for reserve or have been requested by another user. They should be returned immediately or fines may be generated at \$1.00/per day. Items under a recall cannot be renewed

4

and books may be recalled even before the date due. If you cannot return a library item immediately because you are off-campus, please contact a library staff member as soon as possible to avoid fines.

Get Fit for Spring!

The Library has a wide variety of fitness videos (VHS) that may be viewed at home or in the gym. The videos are shelved at the second floor media desk and may be checked out and renewed for seven days. Some of the titles include:

Lotte Berk Method (Pilates)
Pilates
Yogilates
Red Hot Salsa Made Simple
Tighter Assets with Tamilee Webb
Bellydance, Fitness for Weight Loss
TaeBo

The Library also has purchased some nutrition books:

Williams' Essentials of Nutrition and Diet Therapy, RM216.P67 2007

Nutrition Essentials and Diet Therapy, RM216.P67 2007

We have been donated books on fitness, running and training for marathons:

The Principles of Running: Practical Lessons from my First 100,000 Miles, by Amby Burfoot; RRCN .B91P.

Marathon Runner's Handbook, by Bruce Fordyce with Mariëlle Renssen; RRCN .F759M

Stretching: 20th anniversary, by Seb Anderson; illustrated by ean Anderson; RA781.63 .A527 2000

Women's Health & Wellness 2004: Real Life Solutions from the Editors of Health Magazine; RAV8.W66 2003.

Did You Know?

Dr Colip

Topical Omega-3 and Omega-6 Fatty Acids for Dry Eye

This study evaluated the efficacy of topical application of alpha-linolenic acid (ALA) and linoleic acid (LA) for dry eye treatment. Formulations containing ALA, LA, combined ALA and LA or vehicle alone were applied to dry eyes induced in mice. Corneal fluorescein staining and the number and maturation of corneal CD11b(+) cells were determined by a masked observer in the different treatment groups. Real-time polymerase chain reaction was used to quantify expression of inflammatory cytokines in the cornea and conjunctiva.

Dry eye induction significantly increased corneal fluorescein staining; CD11b(+) cell number and major histocompatibility complex Class II expression; comeal IL-1alpha and tumor necrosis factor alpha (TNF-alpha) expression; and conjunctival IL-1alpha, TNF-alpha, interferor gamma, IL-2, IL-6 and IL-10 expression. Freatment with ALA significantly decreased corneal fluorescein staining compared with both vehicle and untreated controls. Additionally, ALA treatment was associated with a significant decrease in CD11b(+) cell number, expression of corneal IL-1alpha and TNF-alpha and conjunctival TNF-alpha.

Topical ALA treatment led to a significant decrease in dry eye signs and inflammatory changes at both cellular and molecular levels. Topical application of ALA omega-3 fatty acid may be a novel therapy to treat the clinical signs and inflammatory changes accompanying dry eye syndrome.

SOURCE: Rashid S, Jin Y, Ecoiffier T, et al. Topical omega-3 and omega-6 fatty acids for treatment of dry eye. Arch Ophthalmol 2008;126(2):219-25.

2008 - It's A Leap Year!

February has an extra day in a leap year - February 29th! It's known as "Leap Day!"

Why?

A year normally has 365 days, but a leap year has 366. We have leap years to adjust our calendar so that the seasons (spring, summer, fall, winter) occur at the same time.

The actual length of a year (the rotation of earth around the sun) is 365.2422 days. If we didn't have leap years, the seasons would shift about a quarter of a day every year, and after 100 years the seasons would be off by 25 days. The extra leap day adjusts this drift. (Old Farmer's Almanac)

Which Years Are Leap Years?

Years that are divisible by 4 are leap years. The Exception: Century years have to be divisible by 400 to be a leap year. 1500 - 1700 - 1900 - 2100 are not leap years 1600 - 2000 - 2400 are leap years

The Jump Rope Rhyme

by Raenell Dawn copyright 2002 © All Rights Reserved. Leap Year, Leap Year When will you be? Every four years ollegeot Then you'll see. You want more? We do too! How many more can you Leap to?

Maino's Memos

Accommodation is the Countit

Ever wonder why patients with Convergence Insufficiency have symptoms? Sure, you probably think its because of the CI, but recent research suggests that it mostly has to do with accommodative dysfunctions associated with the CI.

Check out

Marran LF, De Land PN, Nguyen AL. Accommodative insufficiency is the primary source of symptoms in children diagnosed convergence insufficiency. Optom Vis Sci. 2006 May;83(5):281-

By going to http://mainosmemos.blogspot. com/2008/02/research-on-convergenceinsufficiency.html for more info on Cl.

BTW many presbyopes have CI but do not complain...could it be because of the already reduced importance of the accommodative system?

Music Pleasing to the Ear/Art Pleasing to the Eve

Stabat Mater: A Concert for Lent Multiple soloists and the Romanian Madrigal Consort will perform.

Photography Exhibition

Featuring the works of Mark Southard, Dominick Maino, & Garry Moseback immediately following the concert. At St. Bartholomew Church go http://www.stbartholomew.net or call 773-286-7871 for more information and tickets.

2008 Commencement

Any faculty or O.D. degree candidates who would like

to be part of this year's commencement choir. please contact Scott Collings, box 144 or Vanessa Wong, box 273 at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Hooding Tradition

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the



Commencement newsletter which was emailed to you in January. If you would like to participate in this tradition, please complete the form and return it to Sharon Uher in the Student Affairs Office by March 3rd.

Front Desk Assistant -

Tue 4-6 pm Wed 9-11 or 4-6 pm Sat 9-11 am

Please let me know if you are interested - Dr. Rozwat @ x7179 or arozwat@ico.edu

CLASSIF

Looking for Spring Work Study?? Suite Technician -

Thu 8:45 - 11:30 am - Suite I

Confirming & Rescheduling -

Mon, Thu, and Fri - any 3 hr time block

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship AOSA-The Vision Care Institute™ - LC - Travel Grant Essay Contest Julius F. Neumueller Award in Optics ASCO Student Award in Clinical Ethics-	 Who's Eligible Member of AOSA Good academic standing One page curriculum vita Essay Attend 2008 meeting Paper not to exceed 3,000 words 3rd and 4th Years Essay up to 1,500 words 	Amount (2) \$500 Travel Grants at each school \$500 and plaque \$1,000 and	Deadline Due to ICO Student Affairs Office 3/1/08 March 12, 2008
Care Institute™ - LC - Travel Grant Essay Contest Julius F. Neumueller Award in Optics ASCO Student Award in Clinical	 Good academic standing One page curriculum vita Essay Attend 2008 meeting Paper not to exceed 3,000 words 3rd and 4th Years 	Grants at each school \$500 and plaque	Affairs Office 3/1/08 March 12, 2008
Neumueller Award in Optics ASCO Student Award in Clinical	 Paper not to exceed 3,000 words 3rd and 4th Years 	S.	Shelik eliterator
Award in Clinical		\$1,000 and	
Ciba Vision Corp.	, OY	plaque	March 10, 2008 to Student Affairs Office (electronically)
Julius F. Neumueller Award in Optics	Paper not to exceed 3000 on a chosen topic	Plaque	Due to SAO by March 12
AOF-2008 William C. Ezell Fellowship	Submit annual reports	\$8,000 and travel grant	March 14 to AOF office
AOA Research Award/ Allergan	• Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner -	March 15, 2008
12000	7		
A	Award in Optics OF-2008 William Ezell Fellowship AOA Research Award/ Allergan	Award in Optics OF-2008 William Ezell Fellowship AOA Research Award/ Allergan Submit annual reports Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting TM	Award in Optics OF-2008 William Ezell Fellowship AOA Research Award/ Allergan Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting TM \$1,000 runner - up

AOA Research Award/ Ciba Vision	 Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner -	March 15, 2008
AOA Research Award/ Cooper Vision	 Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	up \$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner - up	March 15, 2008
AOA Contact Lens and Cornea Section	 Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner - up	March 15, 2008
The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	500 word prospectus of research	\$2,500	April 1st
HOYA Vision Care Grant and Scholarship Program	 3rd and 4th Year Submit Patient Case Study involving HOYA products 	\$1,000 National Winner get an addt'l \$6,000	April 1 st to Student Affairs
InfantSEE® Scholarship Grant	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	\$1,000	April 1 st to Student Affairs
Healthy Eyes Healthy People™ Scholarship Grant (AOA)	3 rd Year Member of AOSA and AOA Essay not over 1000 Words	\$1,000	April 1 st to Student Affairs
Walman Optical Company Scholarship Program	 2nd or 3rd year Selection on pasis of grades, leadership community service, work experience, unusual personal circumstance 	\$500 - \$3,000	April 10, 2008
Dr. Stanley Pearle Scholarship Fund	Optometry Student Accomplishments in leadership, community service and extracurricular activities	(20) \$2,000	April 15 th to Pearle Vision Foundation
Wesler - Dr. Allan V. Wexler Memorial Scholarship (GOA)	Georgia Residency Student in Optometry School	\$1,000	Submitted to GOA By April 30, 2008
180			Correspondent (Correspondent Correspondent C
Oith	8		
Paul and market la vice the control of the latest transfer of the control of the	engun karaki karen eretara 200a men tapa en en arra 1800 beta en	and the second s	

The 2008 Dr.	3 rd year	\$2,500	May 1 st , 2008 to
Seymour Galina Grant	Good academic standingSubmit a paper		Student Affairs Office
John Gyles Education Awards	 Canadian or US Citizenship Post Secondary Study 	\$3,000	June 1 st , 2008 Application on-line at www.johngylesedu cationcenter.com
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of polish heritage Chicago area Resident 2nd year and beyond Good grades 	Varies	July 1, 2008

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

New Fitness Coordinator

ICO's new Fitness Coordinator Shirmel Richards begins with us on Monday, March 3rd. If you're in the area of the Fitness Center, please introduce yourself and welcome her to ICO. You'll certainly be hearing from Shirmel in future Focal Points.

Massage Therapy at ICO

On Wednesday, March 5th from 11:30 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on

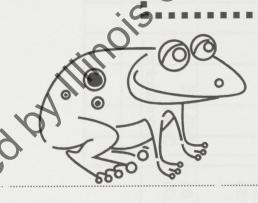
you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Please email (<u>bkarmis@ico.edu</u>) or call X7415 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by the end of the day on 3/03/08.

Massage pricing is as follows:

12	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

Thirty days hath September, All the rest I can't remember. The calendar hangs on the wall; Why bother me with this at all?





ILLINOIS COLLEGE OF OPTOMETRY

SCHEDULE OF SPRING QUARTER FINAL EXAMS

February 20, 2008

		-					
	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAY 3	MAY 5	MAY 6	May 7	MAY 8	MAY 9	MAY 10
9:00 -	BHS 140.2	BHS 266	CLE 170	BHS 263.2	BHS 111	BHS 246	CLE 194
11:00	Sensory Aspects	Microbiology	Physiological	Ocular Disease	Neuroanatomy	Visual	Health
	of Vision		Optics	11/1	& Neuro- physiology	Perception	Promotions
11:30		BHS 116		0		CLE 162.3	
– 1:30		Physiology				Optometry	
1:45 -	CLE 376.2	BHS 364	CLE 379				
3:45	Strabismus &	Neuro-	Infant & Child				
	Amblyopia	Ophthalmic Disorders	Development				
2:30 -			0				BHS 222
4:30		0					Theo &
		20)					Physio
		1100					Optics
4:00 -	BHS 256	college					
6:00	Ocular			198			
	Pharmacology						

ATTENTION:
MAKE-UP DATES ARE MAY 12 AND 13

		WILL BE TAKING THE TEST. IT IS NOT	
3/10	FIRST YEAR	SECOND YEAR	THIRD YEAR
M	BHS 111 Neuroanatomy Room 1200-1203		
3/13 Th	BHS 116.3 Human Physiology Room 1200-1203		
3/14	100111 1200-1200	BHS 256 Ocular Pharmacology	
F		Room 1200-1203	
3/17 M	CLE 162.3 Optometry 1.3 Room 1200-1203	BHS 222 Theo & Physical Optics Room 1201-1202	
3/19 W		BHS 246 Visual Perception Room 1200-1203	
3/20 Th	CLE 170 Physiological Optics Room 1200-1203		
3/26 W		BHS 263.2 Ocular Disease II Room 1200-1203	CLE 376.2 Strabismus & Amblyopia II Room 1201-1202
3/27 Th	BHS 140.2 Sensory Aspects of Vision I Room 1200-1203		
3/28 F		BHS 266 Microbiology Room 1200-1203	
4/1 T	BHS 111 Neuroanatomy Room 1200-1203		
4/2 W		BHS 256 Ocular Pharmacology Room 1200-1203	
4/3 Th			CLE 379 Child Development Room 1201-1202
4/4 F	BHS 116.3 Human Physiology III Room 1200-1203		Also.
4/7 M		BHS 261 Physical Diagnosis Room 1200-1203	:01:
4/8 T			BHS 364 Neuro-Ophthalmic Disorders
4/9 W	CLE 162.3 Optometry 1.3 Room 1200-1203	BHS 222 Theo & Physical Optics Room 1201-1202	7
4/15 T	CLE 170 Physiological Optics Room 1200-1203	BHS 263.2 Ocular Disease Room 1201-1202	
4/17 Th		BHS 246 Visual Perception Room 1200-1203	CLE 376.2 Strabismus & Amblyopia I Room 1201-1202
4/18 F	BHS 116.3 Human Physiology III Room 1200-1203	06	
4/22 T	BHS 111 Neuroanatomy Room 1200-1203	BHS 256 Ocular Pharmacology Room 1201-1202	
4/24 Th	C.	BHS 261 Physical Diagnosis Room 1200-1203	
4/25 F	BHS 140.2 Sensory Aspects of his land Room 1200-1203		Clinic Exam Room 1201-1202
4/28 M	CLE 170 Physiological Optics Room 1200-1203	BHS 265 Injections for the Optometrist Room 1201-1202	
4/29 T	Co		BHS 364 Neuro-Ophthalmic Disorder Room 1201-1202
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Focal Point

CAMPUSNEWS

Community Service

ICO Blood Drive!

ICO will be holding a blood drive, Tuesday, March 25th in the Gym from 9:30 am to 2:30 pm. Walk-ins are welcome so please come out and donate. Give Blood - Give the Gift of Life!

Special Olympics!

The local Special Olympics needs volunteers to set up, team up with athletes and take down.

Thursday, March 27th
8:30 am - 2:00 pm
Opening Ceremonies are at 9:30 am
DeLaSalle Institute - Sports Complex
3455 S. Wabash Ave., Chicago, IL
Are you interested?
Email me at jdurst@eyedoc.ico.edu.
Jennifer Durst, Class 2010
SA Community Service Director Elect

CE Monitors at Seattle

Turn in your applications for Monitor (found near the AOSA board) to Niki Henriksen, Box 546, by Appl St. This is a great way to help pay for your trip to

Optometry's Meeting in Seattle, June 25-29. Also, don't forget to get registered for the meeting as events are filling up fast!! Niki Henriksen, Class of 2010 AOSA Trustee, Box 546

New RAs 2008 - 2009

Congratulations to the new Residents Assistants of 2008-2009.

Head RA: Michelle Zickal: Class of 2010 RA: Katherine Stola Class of 2010 RA: Vick Chan: - Class of 2010 RA: Keri Nebesick: Class of 2011

ICA Wireless Network

The wireless network is now live. For logon instructions visit the view at http://theview.ico.edu

Storage Closet Needs to be Emptied

Any students, faculty or staff that may have stored and left any personal items in the closet near the Indiana Ave. entrance needs



May you always have work for your hands to do.

May your pockets hold always a coin or two.

May the sun shine bright on your windowpane.

May the rainbow be certain to follow each rain.

May the hand of a friend always be near you.

And may God fill your heart with gladness to cheer you.

~Irish Blessing

The next Focal Point will come out March 28, 2008. The submission deadline is March 26.

to please retrieve your items. This closet is currently being cleaned-out for summer storage and everything currently in it must go. Please see Anthony Barone or Security for access to retrieve your items ASAP. Thanks!

All Students

This is your reminder that the 2007-2008 Educational Lens Program is coming to an end. The last day to start your fit is March 31st. The last day to place your order is April 30th. Any orders past the above time will be at your expense. You will receive your standard 25% discount on the lenses.

The 2008-2009 program will begin on 5/19 with the beginning of the summer quarter. There will be no exceptions and I thank you for your cooperation.

Dr. Renee Reeder, Chief, Cornea Center for Clinical Excellence

Student Association

Eyeball Follow-up

The Student Association would like to thank those of you that attended the Eyeball and helped make it such a fabulous evening! A big thank you goes out to all of the SA Board and all the individuals who helped with the event (sitting at the sign-up table, helping with check-in, publicizing the event, etc.). It truly was a fun evening...great job Courtney Krohn!

In addition, at the Eyeball we presented several awards and held a raffle and we would like to acknowledge those individuals! Congratulations goes out to our raffe winners:

1st Year, Nicole Vasilnek and 3rd Year, Ryan Socwell

Colleague of the Year

Bravear class - Billi Prinzen

During finals last quarter all of you voted for your class' Colleague of the Year, someone who you thought best represented what it means to be an ICO student.

Congratulations goes out to our Colleague of the Year winners:

2nd year class - Michael Landy 1st year class - Niam Phan

SA Scholarship

And last but not least, thank you to everyone who submitted essays for the SA Scholarship this year! There were many well written essays and it wasn't easy voting on them!

Congratulations goes out to our SA Scholarship Recipients:

1st place & \$1000 Scholarship went to Sarah Ebeling (3rd Year)

2nd place & \$750 Scholarship went to Jamie Ho (3rd Year)

3rd place & \$500 Scholaship went to Roman Gerber (1st Year)

Please don't forget to sign up for this quarter's intramurals (volleyball and ultimate frisbee) and keep your eye out for more information from the Student Association on upcoming events this spring!

Tiffany Andrzejewski, Association

ICO Student in Art Show

A show of artwork by 1st year

student Christopher Diehl is taking place at the Prairie Title satellite gallery in Oak Park. The show also includes work by three other artist members of the Oak Park Art League, and will run through April 29th. More information can be obtained at http://www.opal-art.com/.

Tech Tips

Ahmed Mohammad

Create a PowerPoint presentation Using Word Outline

You can use an existing Microsoft Word document to create a Microsoft PowerPoint presentation. To set up the slides in a presentation, PowerPoint uses the heading styles (heading style: Formatting applied to a heading. Microsoft Word has nine different built-in styles: Heading 1 through Heading 9.) in your Word document. For

example, each paragraph formatted with the Heading 1 style becomes the title of a new slide, each Heading 2 becomes the first level of text, and so on.

Note: You must apply a heading format to the text you want to include in a slide. For example, if you apply the Normal style to a block of text, Word will not send that text to PowerPoint.

Open the document you want to use to create a PowerPoint presentation.

On the File menu, point to Send To, and then click Microsoft PowerPoint.

Send Power Point Slides to Microsoft Word

With your presentation open in Microsoft PowerPoint, on the File menu, point to Send To, and then click Microsoft Word.

Under Add slides to Microsoft Word document, do one of the following:

If you want to embed (embedded object: Information (object) contained in a source file and inserted into a destination file. Once embedded, the object becomes part of the destination file. Changes you make to the embedded object are reflected in the destination file.) the slides in the World document, click Paste.

If you want to link (linked object: An object that is created in a source file and inserted into a destination file, while maintaining a connection between the two files. The linked object in the destination file can be updated when the source file is updated.) the slides to the Word document click Paste link.

Note: If you link the files, they will be updated in the Word document when you edit them in RowerPoint.

S Contact Procedures.

Phone calls or voice mail to x 7500 or

email to support@ico.edu are the expected methods for contact the support team with a problem.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Library Hours Spring Break

Thu., March 20 8:00 am-5:00 pm

Fri.-Sun.. March 21-23 Closed

Mon., March 24 8:00 am-5:00 pm

Tue., March 25 Resume normal hours

Library Reserve Materials

Library materials on reserve may be checked out for overnight use beginning three hours before the Library closes and are due the next morning the Library is open. This is at 9:00 am Monday-Saturday, and at 10:00 am on Sundays.

During the spring break, reserve items may be taken out for the whole weekend beginning at 2:00 pm on Thursday, March 20 and will be due at 9:00 and on Monday, March 24.

New Poster

"Value of the Heidelberg Retinal Tomograph II in Diagnosing Unilateral Optic Nerve Hypoplasia" by Drs. Y. Pang and K Frantz is the new poster on display in the Library. Please take time to view the poster and direct all questions to the authors.

Full Text Articles Off-Campus

You can now get the same full text articles available on campus from off campus as well! Please contact me or another Library Staff member to obtain your login and password. This service is for current students and ICO employees only so please do not share the information with others.

New Books

The new books are shelved across from the first floor photocopier in the Library, unless they are on reference or on reserve.

Principles and Practice of Ophthalmology, edited by Daniel M. Albert and Frederick A. Jakobiec. Ref. Reserve RE46.P74 2007

Irregular Astigmatism: Diagnosis and
Treatment, editor Ming Wang; co-editor,
Tracy Schroeder Swartz. RE932.177 2008

Ocular Anatomy and Physiology, by Al Lens, Sheila Coyne Nemeth, Janice K. Ledford, 2nd ed. QP475.L58 2008

Fundus Fluorescein and Indocyanine Green Angiography: a Textbook and Atlas, edited by Amar Agarwal. RE79.A5F86 2008

Vaughan & Asbury's General Ophthalmology, 17th ed. RE46.V4 2008

Colour Atlas of Ophthalmology, by Arthur Lim Siew Ming, Ian J. Constable, Tien Yin Wong, 5th ed. RE71.L48 2008

Ocular Infection, by David Seal, Uwe Pleyer, 2nd ed. RE96.S4 2007

Writing the NIH Grant Proposal: a Step-By-Step Guide, by William Gerin. RA11.D6 G47 2006

Primary Intraocular Lymphoma, by Chi-Chao Chan, John A. Gonzales. RC280 .R4C43 2007

Neuro-ophthalmology Review Manual, Lanning B. Kline, Frank J. Bajandas. RE910.B3 2008

Ocular Therapeutics: Eye on New
Discoveries, edited by Thomas Yorio,
Abbot F. Clark, Martin B. Wax. RE46.O39
2008

Age-Related Macular Degeneration, edited by Jennifer I. Lim. RE661.D3A322 2008

Third Year Projects

Please contact a librarian if you need help in finding articles and other library materials for your third year projects. We are happy to provide personalized research assistance. We also can obtain for you books and articles not found at this library through our Document Delivery Service (interlibrary loan).

Enjoy your spring break and we look forward to seeing you in the Library!

Did You Know?

Dr Colip

Optical and Visual Performance of Aspheric Soft Contact Lenses

This study was conducted to investigate whether aspheric-design soft contact lenses reduce ocular aberrations and result in better visual acuity and subjective appreciation of clinical performance, compared with spherical soft contact lenses.

A unilateral, double-masked, randomized and controlled study was undertaken in which ocular aberrations and high- and low-contrast logMAR visual acuity were measured on myopic subjects who wore aspheric design and spherical design soft contact lenses. Ten subjects who had about -2.00 D myopia wore -2.00 D lenses, and 10 subjects who had about -5.00 D myopia wore -5.00 D lenses. Measurements were made under photopic and mesopic lighting conditions. Subjects were invited to grade comfort, vision in photopic and mesopic conditions and overall impression with the two lens types on 100-unit visual analogue scales.

There was no significant difference in highcontrast or low-contrast visual acuity between the two lens designs of either power under photopic or mesopic conditions. Both lens designs displayed lower levels of spherical aberration compared with the "no lens" condition under photopic and mesopic light levels; however, there were no differences in aberrations between aspheric and spherical lens designs. There were no statistically significant differences subjective in appreciation of clinical performance between lens designs or lens powers.

At least with respect to the brand of lenses tested, the fitting of aspheric design soft contact lenses does not result in superior visual acuity, aberration control or subjective appreciation, compared with equivalent spherical design soft contact lenses.

SOURCE: Efron S, Efron N, Morgan PB. Optical and visual performance of aspheric soft contact lenses. Optom Vis Sci 2008;85(3):201-10.

Oral Omega-6 Essential Fatty Acid Treatment in Contact Lens-Associated Dry Eye

Symptoms of dry eye are commonly reported in contact lens wearers and are a frequent cause of intolerance. The purpose of this study is to evaluate the effects of oral treatment with omega-6 fatty acids in the form of evening primrose oil (EPO) on subjective symptoms, ocular surface signs and tear film characteristic in patients with contact lens-associated dry eye.

The study was randomized, double-masked and placebo-controlled. Seventy-six female soft contact lens wearers were treated for six months either with EPO or placebo (olive oil). Subjects underwent three examinations (baseline, three and six months). At each subjects completed examination, questionnaire relating to lens comfort and dry eye symptoms and underwent a series of tests of tear film characteristics (tear meniscus height, break-up time), meibomian gland function (lipid layer thickness and quality) and ocular surface parameters (hyperemia and staining).

The EPO group showed a significant improvement in the specific symptom of "dryness" at three and six months they also showed a significant improvement in overall lens comfort at six months. Tear meniscus

height was intreased in the EPO group at six months relative to baseline, although all other objective signs were unchanged.

This study provides evidence for a beneficial effect of particular orally administered omega-6 fatty acids in alleviating dry eye symptoms and improving overall lens comfort in

patients suffering from contact lensassociated dry eye.

SOURCE: Kokke KH, Morris JA, Lawrenson JG. Oral omega-6 essential fatty acid treatment in contact lens associated dry eye. Cont Lens Ant Eye 2008; Feb 27 [Epub ahead of print].

Mainos Memos

Vision Therapy Improves Success Rates of Strabismus Surgery

In a recent article (C Figueira MS, Stephen Hing FRANZCO (2006) Intermittent exotropia: comparison of treatments Clinical & Experimental Ophthalmology 34 (3), 245-251 doi:10.1111/j.1442-9071.2006.01199.x) the outcomes showed that: Surgery with preoperative orthoptic/occlusion therapy had the highest success rates. Surgery with orthoptic/occlusion therapy was effective in reducing exodeviation compared with surgety only.

It may often be peneficial for your strabismic patients to undergo a regimen of optometric vision therapy before you refer for surgical intervention to improve the surgical outcomes.

From: MainosMemos.blogspot.com Concert on Saturday, March 15th 8 pm

STABAT MATER: A Concert for Lent Featuring Pergolesi's STABAT MATER Julia Davids, soprano; Nina Heebink, mezzosoprano; Eric Budzynski, organ & Jill Kaeting, cello; The Romanian Madrigal Consort

In a program of music reflections for Lent by Palestrina, Byrd, Tallis, Purcell and Durufle St. Bartholomew Catholic Church 4990 W. Addison (Addison/Lavergne) Chicago, IL 60641. http://www.stbartholomew.net

ADMISSION: \$13 in advance / \$17 at the door \$10 seniors / students For tickets and more information please call #773-286-7871 or email: Lucianolaurentiu@aol.com

2008 Commencement Choir

Any faculty or O.D. degree candidates who would like

to be part of this year's commencement choir, please contact Scott Collings, scollings@eyedoc.ico.edu or Vanessa Wong, vwong@eyecdoc.ico.edu at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

CLASSIFIEDS

Workstudy: Advanced Care

Monday Mornings 9am-1pm Monday Afternoon 1pm-4:30pm Tuesday Afternoon 1pm-5pm Wednesday Mornings 9am-1pm Wednesday Afternoon 1pm-5pm

Duties include general office work such as

confirming calls, filing, scheduling appointments, answering phones, doing visual fields for patients and other duties that may be assigned to you on a daily basis. If anyone is interested in working in the advance care department please call Olga at 312-949-7220.

Work Study Needed

The Community Based Education Department is looking for a first or second year student for this position. If you can type, have some computer skills and can count, this just might be the position for you.

Please contact Lisa Hamlin, Asst. to the Chair of Community Based Education at ext. 7310

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
AOF-2008 William C. Ezell Fellowship	Submit annual reports	\$8,000 and travel grant	March 14 to AOF office
AOA Research Award/ Allergan	 Research Paper Member of OLOS Present at AOA CLCS Annual Optomenty Meeting™ 	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner - up	March 15, 2008
AOA Research Award/ Ciba Vision	Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner - up	March 15, 2008

	AOA Research Award/	Research PaperMember of CLCS	\$2,000 and ticket/lodging to	March 15, 2008
	Cooper Vision	 Present at AOA CLCS Annual Optometry Meeting™ 	Optometry Meeting™ \$1,000 runner - up	
	AOA Contact Lens and Cornea Section	 Research Paper Member of CLCS Present at AOA CLCS Annual Optometry Meeting™ 	\$2,000 and ticket/lodging to Optometry Meeting™ \$1,000 runner - up	March 15, 2008
	The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	500 word prospectus of research	\$2,500	April 1st
	HOYA Vision Care Grant and Scholarship Program	 3rd and 4th Year Submit Patient Case Study involving HOYA products 	\$1,000 National Winner get an addt'l \$6,000	May 1 st to Student Affairs
	InfantSEE® Scholarship Grant	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	\$1,000	April 1 st to Student Affairs
	Healthy Eyes Healthy People™ Scholarship Grant (AOA)	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	\$1,000	April 1 st to Student Affairs
	Walman Optical Company Scholarship Program	 2nd or 3rd year Selection on basis of grades leadership, community service, work experience, unusual personal circumstance 	\$500 - \$3,000	April 10, 2008
	Dr. Stanley Pearle Scholarship Fund	Optometry Student Accomplishments in leadership community service and extractivities	(20) \$2,000	April 15 th to Pearle Vision Foundation
	Wesler - Dr. Allan V. Wexler Memorial Scholarship (GOA)	Georgia Residency Student in Optometry School	\$1,000	Submitted to GOA By April 30, 2008
	The 2008 Dr. Seymour Galina Grant	 3rd year Good academic standing Submit a paper 	\$2,500	May 1 st , 2008 to Student Affairs Office
	Transitions Healthy Sight for Life	Optometry StudentComplete a project	\$500 (10 available)	May 15, 2008
	: 18			
dis	311	7		

John Gyles Education Awards	 Canadian or US Citizenship Post Secondary Study 	\$3,000	June 1 st , 2008 Application on-line at www.johngylesedu cationcenter.com
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of polish heritage Chicago area Resident 2nd year and beyond Good grades 	Varies	July 1, 2008

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Message from the New Fitness Coordinator

I wanted to take a moment to introduce myself. My name is Shirmel Richards and I'm happy to be joining ICO as the new Fitness Coordinator. In my role, I oversee the day-to-day operations of the fitness center while providing a variety of fitness related programs and services. Personalized services include a variety of fitness assessments, fitness counseling, equipment orientation, and workout program design. I look forward to partnering with you to achieve your individual fitness and health goals, both physically and mentally.

Fitness Center Survey

In order to ensure that ICO's Fitness Center is meeting your needs, please take a few minutes to complete this survey. All results will be considered in planning for future Fitness Center programs and services starting as soon as April 2008. This survey found can be http://www.zoomerang.com/survey.zgi ?p=WEB227JK78J2GS. Your feedback is needed to belp make the fitness center joji 12ed Dyll

even better. Hurry, survey closes on March 21st.

Fitness Instructors

Are you a certified Fitness Instructor, Dance Instructor or Personal Trainer? The Fitness Center is currently looking for enthusiastic dance or fitness leaders. Please email your resume to srichards@ico.edu immediate consideration.

Eye on Wellness

March Health Tip

Are you jungry or bored? When you cannot determine if you want to eat because you are hungry or bored, try the apple test. Just ask yourself "Would I want to eat an apple (insert any boring food of your choice) now?" If you are hungry enough to eat a

boring food then you most likely are truly hungry. But if you bypass the apple only to indulge in ice cream, think again. Maybe you are just bored and are using food to entertain yourself. [excerpt from American Fitness 2007, When Food is Foel

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Focal Point

CAMPUSNEWS

Contact Lens Symposium

Attention all third and fourth year Contact Lens Society members...come join us for the annual Contact Lens Symposium.

Mark your calendars for Sunday, April 13th from 9:30 to 2:00. Visit with all the contact lens representatives starting at 9:30.

"The roofs are shining from the rain."

The sparrows twitter as they fly,
And with a windy April grace
The little clouds go by.

Yet the back yards are bare and brown
With only one unchanging tree—
I could not be so sure of Spring
Save that it sings in me."

~ Sara Teasdale, April

Starting at 10:00 in 1200 there will visiting doctors educate you on how to incorporate contact lenses into vour practice, how communicate with your patients about contact lenses, and education about cornea/anterior segment medication.

Then join us for brunch in the gym at 12:00. At this time there will be door prizes that will help valuet your contact lens practice up and running. If you have any questions please contact Allison Walz. at awalz@evedociogodu

awalz@eyedoc:ioo.odu.

Alcon Dinner

For those registered for the Friday, April 4th Alcon Dinner. We will be sponsoring a speaker about troubleshooting of contact lenses. This will be held in 1201 starting at

5:00. There will be a buffet dinner following in the gym starting at 6:00.

Optometry Cartoons!

If you missed the optometry cartoons on sale this past week, it's not too late! The artist will customize your artoon with all your physical

traits, and background logo and colors. Cost is \$40 (includes custom cartoon and matting) and can be billed to your student account, or pay by cash/check to SVOSH.

These make great gifts for graduation, employers, relatives, etc. Hundreds of other

professions and cartoons are available! For more information, contact Casey Bartz at cbartz@eyedoc.ico.edu or x7808.

Scholarships

America's Best Contacts & Eyeglasses/National Vision, Inc. is once again offering five \$3,000 "Your Passion for Optometry Scholarship Awards" to ICO 1st through 4th year students.

The next Focal Point will come out April 11, 2008. The submission deadline is April 9th.

Applicants for this award are asked to submit a 1-2 page typed essay on the topic "My Passion for Optometry" along with their curriculum vita. Essays and cv's should be submitted to the Student Affairs Office by Friday, April 4th, 4 p.m.

One outstanding scholarship recipient will be selected for each of the following categories:

- Community Service
- Leadership Skills & Abilities
- Enthusiasm in Service for Extracurricular Activities
- Facing Economic or Personal Challenges (financial hardship or emotional issues)
- International Student

Deadline - Friday, April 4th, 4 p.m. Submit essays and cv's to the Student Affairs Office.

Summer Intern Positions

The Illinois Public Health Association is now accepting applicants for several summer internships working in the field of public health and emergency preparedness. The positions will be full-time for 12-weeks, based in Springfield, and will include a \$3,500 stipend. Candidates should have at least one-year college coursework in a public health related field, computer science or experience in emergency preparedness.

To apply, send cover letter and resume to: Illinois Public Health Association, 223 S. Third St., Springfield, II 62701. Application Deadline: April 15, 2008. For more information, contact the IPHA office at 217-522-5687.

Student Organizations

Please • Sabmit your newly elected officers with their box numbers, phone numbers and email addresses to Kathy Brownfield at kbrownfi@ico.edu in the Student Affairs Office.

Tech Tips

Ahmed Mohammad

Here are the most commonly used public groups in Novell GroupWise Novell address book.

DOOK.	
Group name	Group Members
Everyone	faculty and staff
Allstudents	All ICO students
11students	All students graduating year 2011
10students	All students graduating year 2010
09students	All students graduating year 2009
08students	All students graduating year 2008
Faculty	ICO faculty

How to Change an email to an appointment or a task in GroupWise

- 1) Double click on an email
- 2) Click on edit
- 3) Click on "Change to" and select appointment of Task

ICO web pages

Http://www.ico.edu - ICO main page
Http://thewew.ico.edu - From academic
Information to weekly cafeteria menu
http://wp.ico.edulCO online - Phone directory
http://library.ico.edu/ - ICO library

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

New Posters in the Library Lobby

On Friday, Mar 28th the poster "Ocular Manifestations of VATER Syndrome: a Case Report" by Dr. Dominick Maino and Kimberly Smith will be displayed for a week.

On Friday, April 4th the poster "Outcome Study of Low Vision Device Usage in Students with Impaired Vision in a School Setting" by Drs. Ramona Baumfalk and Walter M. Jay will be posted in the Library. Please direct all questions to the authors.

Studying For Part III Boards

The following books may be very useful for studying for Part III Optometry boards, as the ophthalmology boards ask very similar questions. Titles include Review Questions in Ophthalmology: a Question and Answer Book by Chern (RE49.C5 2005) the most recent edition of which is on reserve but can be checked out for a week. The older editions are in the stacks. Also consult The Massachusetts Eye and Ear Infirmary Review Manual for Ophthalmology by ICO consulting retinal specialist, Dr. Rama Jager (RE49 .L3), and Kanski's Ophthalmology in Focus (RESERVES RE49.K3593) and Clinical Ophthalmology: a Test Yourself Atlas (RE49 .K28).

Helpful websites include the Harvard Digital Journal of Ophthalmology http://www.djo. harvard.edu/, the University of Manitoba Internet Tutorial Ophthalmology http://umanitoba.ca/faculties/medicine/units/o RED Atlas the phthalmology/ and (Recognizing Eye Disease: a Visual Review Disorders) Ophthalmic http://redatlas.org. All have practice test questions covering various eye diseases.

Using Google Scholar

Do you frequently use Google Scholar (http://scholar.google.com/) to find information? When you let Google Scholar know that you're associated with ICO, you will be able to see links to fulltext sources that the Library provides.

Go to http://scholar.google.com/ and before you enter your search terms, click on "Scholar Preferences" to the left of the search box. Under "Library Links" on the left side of the pext screen, enter "Illinois College of Optometry" and click "Find Library." Then select the check boxes for both ICO results: Illinois College of Optometry (ICO Fulltext) and Illinois College of Optometry (Full Text@IngentaConnect). Select the box next to "Open WorldCat" as well, if you would like

to see what other libraries own as well. The last step is to scroll all the way to the bottom of the screen and select "Save Preferences." You will return to the Google Scholar homepage to commence your search.

A link for "ICO Access" or "ICO Fulltext" will appear in the search results next to any resource that may be available online to students, staff, and faculty members at ICO. The link will not indicate whether the article or book is available in print in the Library, however, a button for the "Holdings in ICO Online Catalog" may open to let you search for the item in the Library. The Library may own the journal or book even if that button does not appear.

Some articles that are free on campus may require a password in order to get the fulltext from off campus.

Please remember however, that Google Scholar doesn't have everything. To ensure that you haven't missed vital information, search the Library's online catalog, iLink, and PubMed to find research that hides from Google's web crawlers. You can reach these databases from the Library's homepage: http://icolibrary/library.htm or off campus at http://library.ico.edu. To see VisionCite from off-campus, you will need to login with your user id and pin.

In summary, to use the Library completely from off-campus, two separate logins and passwords are needed: the first allows you to renew library materials and to search for VisionCite articles, the second login/pin provides access to fulltext articles. Contact a library staff member to obtain your user IDs and passwords.

If you have any trouble accessing the library's holdings in Google Scholar or need any help with searching, please contact me

or another librarian to assist you!

Did You Know?

Dr Colip

Abstract: Topiramate for the Treatment of Chronic Corneal Pain

In this case study researchers set out to explore the option of using anticonvulsant drugs to modulate pain from corneal erosions.

N.M. is a 28-year-old woman with recurrent corneal erosions posttraumatic treated with bandage contact lenses, Muro-128, topical ketorolac, doxycycline, stromal micropuncture. and laser epithelial keratomileusis over the course of four years. Because of persistent episodes of corneal pain, she was prescribed topiramate.

Before starting topiramate therapy, N.M. had experienced 3-4 awakenings at night because of pain and 5-6 episodes of spontaneous tearing and pain during the day. She started topiramate at 25 mg orally four times a day without significant change in her symptoms. After one week, the dose was escalated to 50 mg orally four times a day, and within one day, she experienced 0-1 awakenings at night. She had approximately 2-3 episodes of pain and tearing during the day. The dose was escalated to 100 mg orally four times a day. At that dose, the patient continued to have pain relief but complained of nausea. The patient's topiramate was weaned off to determine whether her symptom relief was caused by the medication or improvement in her condition. Once off the topiramate, N.M. nausea resolved but her corneal symptoms returned at the same frequency as before the initiation of topiramate. Therefore the was restarted on topiramate 50 mg orally four times a day with rapid onset of improvement in her symptoms.

The authors concluded that anticonvulsants such as topiramate may be effective in the management of pain caused by recurrent corneal erosions.

Nambiaparampil DE, Mampiaparampil RG, Prasad AG. Topiramate for the treatment of chronic corneal pain. Cornea. 2008 Jan;27(1):124-6.

Abstract: Accommodation in Emmetropic and Myopic Young Adults Wearing Bifocal Soft Contact Lenses

Researchers from the School of Optometry at the University of California, Berkeley, wanted to assess the effect of bifocal soft contact lenses on the accommodative errors (lags) of young adults. Recent studies suggest that bifocal soft contact lenses are an effective myopia control treatment although the underlying mechanism is not understood.

Accommodation responses were measured for four target distances: 100, 50, 33 and 25 cm in 35 young adult subjects (10 emmetropes and 25 myopes; mean age, 22.8 +/- 2.5 years). Measurements were made under both monocular and binocular conditions with three types of lenses: single vision distance soft contact lenses (SVD), single vision near soft contact lenses (SVN; +1.50 D added to the distance prescription) and bifocal soft contact lenses (BF; +1.50 D add).

For the SVD lenses, all subjects exhibited of accommodation, with myopes accommodating significantly less emmetropes for the 100 and 50 cm target distances (p < 0.05). With the SVN lenses, there was no significant difference in accommodative responses between emmetropes and myopes. With the BF lenses, both emmetropic and myopic groups exhibited leads in accommodation for all target distances, with emmetropes showing significantly greater leads for all distances (p < 0.005).

The authors concluded that, overall, myopes tended to accommodate less than emmetropes, irrespective of the contact lens type, which significantly affected accommodation for both groups.

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The apparent over-accommodation of myopes when wearing the BF contact lenses may explain the reported efficacy as a myopia control treatment, although further studies are required to elucidate the mechanism underlying this accommodative effect.

Tarrant J, Severson H, Wildsoet CF. Accommodation in emmetropic and myopic young adults wearing bifocal soft contact lenses. Ophthalmic Physiol Opt. 2008 Jan;28(1):62-72.

Mainos Memos

Treatment of strabismic amblyopia with refractive correction.

(Cotter et al Am J Ophthalmol. 2007 Jun;143(6):1060-3.)

In this study, patients with untreated strabismic amblyopia were prescribed glasses and examined at five-week intervals. The amblyopic eye acuity improved by 2 lines or more. These findings suggest that strabismic amblyopia can improve and even resolve with spectacle correction alone.

Comment: I am always amazed how we tend to take the power of spectacles for granted. We get blue ones to go with our blue outfits and green ones that match our hats. Glasses, however, are truly an incredible therapeutic device. The bottom-line....Rx those glasses!

If you missed the Stabat Mater concert, photographs and video of the event are now online. Go to http://www.stbartholomew.net to see and hear this amazing event.

CLASSIFIEDS

Workstudy: Advanced Care

Monday Mornings 9am-1pm Monday Afternoon 1pm-4:30pm Tuesday Afternoon 1pm-5pm Wednesday Mornings 9am-1pm Wednesday Afternoon 1pm-5pm

Duties include general office work such as confirming calls, filing, scheduling appointments, answering phones, doing visual fields for patients and other duties that may be assigned to you on a daily basis. If anyone is interested in working in the advance care department please call Olga at 312-949-7220.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. Il residency information is located in the babinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	500 word prospectus of research	\$2,500	April 1st
InfantSEE® Scholarship Grant	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	\$1,000	April 1 st to Student Affairs
Healthy Eyes Healthy People™ Scholarship Grant (AOA)	 3rd Year Member of AOSA and AOA Essay not over 1000 Words 	\$1,000	April 1 st to Student Affairs

America's Best Contacts & Eyeglasses/Natio nal Vision, Inc	 Optometry Student (any year) 1-2 page essay & CV 	(5) \$3,000	April 4, 2008. 4 pm to Student Affairs Office
Walman Optical Company Scholarship Program	 2nd or 3rd year Selection on basis of grades, leadership, community service, work experience, unusual personal circumstance 	\$500 - \$3,000	April 10, 2008
Dr. Stanley Pearle Scholarship Fund	 Optometry Student Accomplishments in leadership, community service and extracurricular activities 	(20) \$2,000	April 15 th to Pearle Vision Foundation
Optometric Society of Greater Kansas City, Inc	From Great Kansas City area	\$500	April 25, 2008
Wesler - Dr. Allan V. Wexler Memorial Scholarship (GOA)	Georgia Residency Student in Optometry School	\$1,000	Submitted to GOA By April 30, 2008
HOYA Vision Care Grant and Scholarship Program	 3rd and 4th Year Submit Patient Case Study involving HOYA products 	\$1,000 National Winner get an addt'l \$6,000	May 1 st to Student Affairs
Michigan Foundation for Vision Awareness	 Resident of Michigan 3rd year B average Plan to practice in MI 	\$1,0000	May 1, 2008
The 2008 Dr. Seymour Galina Grant	 3rd year Good academic standing Submit a paper 	\$2,500	May 1 st , 2008 to Student Affairs Office
The Antoinette M. Molinari Scholarship (AOF)	• Financial Need • GPA 3.5	\$6,000	May 12, 2008 to Student Affairs Office
Transitions Healthy Sight for Life	Optometry Student Gonfalete a project	\$500 (10 available)	May 15, 2008
John Gyles Education Awards	Canadian or US Citizenship Post Secondary Study	\$3,000	June 1 st , 2008 Application on-line at www.johngylesedu cationcenter.com
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of polish heritage Chicago area Resident 2nd year and beyond Good grades 	Varies	July 1, 2008

The Connecticut **Association of**

Connecticut Residence

3 Scholarships

Amount Varies

July 31st

Optometrists

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Message from the Fitness Coordinator

This is your last chance to take the survey that will determine future Fitness Center vear. The survey can be found directly programming for the http://www.zoomerang.com/survey.zgi?p=WEB227JK75J2GS or by visiting The View. The survey deadline is April 2nd. Your feedback is needed to help make the fitness center even

Are you a certified Fitness Instructor, Dance Instructor or Personal Trainer?

The Fitness Center is currently looking for enthusiastic dance or fitness leaders. Please

su, WEB22, aback is need entruction. Analytic own impact workout with tons of benefits? Why as aggressive demands on the cardiovascular system muscle group recruitment, all while in a seated positic it one of the few aerobic exercises that is kind to the body as burning a high number of calories in a short period of the Rowing works the upper & lower back, shoulders, artistic gutes, and legs all in one workout.

Signifized by Hingis College of Optometry Library



Focal Point

New ICO Summer Program!

I am pleased to announce that ICO is having a summer program for underrepresented minority undergraduate students. program is a weeklong experience that will expose undergraduate students to the profession of optometry in a variety of settings. Participants will have the opportunity to meet and work with current optometry students, ICO Faculty & Staff, as well as practicing optometrists.

Students will be housed at no charge in our Residential Complex. There is no cost to participate in this program. Participants are

Program Dates: Monday, July 14, through Friday, July 18, 2008. Application Period: April 1 - 30, 2008

If you have any questions, please feel ree to contact: Teisha Johnson, MS, Director of Admissions/Marketing X7407

International Students:

Mr. Robert White an immigration attorney with the law firm of Masuda, Funai, Eifert & Mitchell, Ltd. is coming to our campus on Thursday, April 24th to discuss how the immigration regulations affect you as a student and will later affect you as a graduate United States educational institution. His discussion will include the processes for optional practical training, H1B visa, dual residency, permanent residency, etc.

Please make every effort to attend this important and informative seminar on Thursday, April 24th at 12:30 p.m. in the Adams Center. The seminar should last approximately 1-11/2 hours.

If you have any questions or concerns, please feel free to contact me. Lavern Young, M.S. Registrar 312-949-7430

"And fairy month of waking mirth From whom our joys ensue Thou early gladder of the earth Thrice welcome here anew With thee the bud unfolds to leaves The grass greens on the lea And flowers their tender boon receives To bloom and smile with thee." - John Clare, Spring

The next Focal Point will come out April 28, 2008. The submission deadline is April 23th.

AOSA Quiz Bowl

The annual AOSA Quiz Bowl will take place Friday, April 11th, following the Blindspot at 5:30 p.m. Two members from each class will compete for the top prize of a paid trip to Seattle to participate in the Varilux® Optometry's Super Bowl! Raffle prizes including iPods, AOA Travel Grants, sunglasses, mini-diagnostic kit, and much more will be given away. Make sure you get your tickets and come support your colleagues!! All proceeds go to students attending Optometry's Meeting in Seattle this June.

Reminder: Online registration deadline for Seattle is May 31st.

Niki Henriksen, Class of 2010 ICO AOSA Trustee

Work Study News

The current work study authorization form will expire on May 15, 2008. All work study positions will require new authorization forms. Starting summer quarter (May 16, 2008) and for the next academic year, there will be a new work study authorization form. If you are hiring work study students for the summer quarter the new form will need to be completed. Students hired for summer and beyond who turn in the old form will receive it back with a new form to be completed. The new form will be available shortly.

Security Advice

April has been designated sexual assault
Awareness Month

Date Rape & Sexual Assault

Both female and male college students are victims of rape or attended rape. And large percentages know their attackers. So...

- Don't be alone with someone you just met.
- Clearly communicate your intentions say "No" and mean it.
 - compromise your safety by lowering

inhibitions and clouding your judgment.

- ▶ Be aware of date rape drugs.
- If you go somewhere with friends, make sure that everyone is accounted for before leaving.
- ► Trust your instincts they say a lot.

Date Rape Drugs

Drugs such as GHB, Rohypnol (roofies) and Ketamine (Special K) are odorless and tasteless, making it easy for someone to slip them into your drink. The impact is that for four to six hours, a sedated state will make you lose inhibitions, succumb to drowsiness, slur your speech and forget what happens. So...

- Never leave a drink unattended, especially when you're at a bar or party.
- Never drink from common sources, like punch bowls.
- Never accept drinks from strangers.

Dean's List

The following full time students achieved superior academic performance during the Winter, 2007 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

and the second s	Marie Review Long
Anand, Pooja	Y4
Anand, Radha	Y4
Antymis, David P.	Y2
Bagga, Ujjwal	Y1
Bagri, Kanwalpreet	Y4
Bak, Magdalena L.	Y2
Baker, Daniel W.	Y3
Bakota, Jill M.	Y2
Bartell, Heidi J.	Y4
Bartels, Amber E.	Y4
Bartz, Casey C.	Y3
Baruch, Kathryn	Y4
Beatty, Rachael M.	Y3
Begotka, Brandon A.	Y3
Bertacchi, Zeana B.	Y3
Bertelsen, Kristin L.	Y2
Beyersdorf, Kavit L.	Y3
Bhullar, Reena	Y4

Blow, Ronald K.	Y2
Borgman, Christopher J.	Y2
Brandt, Jonee E.	Y1
Brigantti, Crystal L.	Y4
Budahn, Michael S.	Y4
Burgos, Mary G.	Y1
Burke, Robert E.	Y4
Cai, Michelle T.	Y4
Cate, Leah B.	Y3
Chaudhary, Neha	Y3
Chen, Melissa P.	Y3
Christensen, Krystal A.	Y3
Clark, Brian M.	Y4
Clarys, Sarah L.	Y1
Clements, Jeffrey S.	Y3
Cohen, Stephanie L.	Y3
Collings, Scott B.	Y4
Collison, Frederick T.	Y2
Connors, Colin V.	Y3
Copilevitz, Lori A.	Y2
DeLoss, Karen S.	Y4
Deal, Justin D.	Y1
Dennis, Jessica N.	Y1
Derango, Lucas J.	Y4
Dewan, Anika	Y4
Diehl, Christopher S.	Y1
Dodgen, Anne E.	Y3
Domino, Lisa	Y4
Donahue, Jacqueline M.	Y4
Doyle, Nicholas R.	Y4
Drees, Adam J.	Y3
Drey, Eric M.	Y3
Dungan, Jennifer A.	Y4
	Y2
Durst, Jennifer M.	V3
Ebeling, Sarah K.	A3.
Eck, Jonathan A.	(1)
Elton, Thomas L.	N2
Eng, Anne M.	Y4
Erdman, Nathaniel M.	
Estrada, Christina M.	Y2
Fast, Christina M.	Y3
Fillmore, Jessie	Y3
Firby, Ashley	Y4
Fitch, Phillip N	Y2
Fix, Kalene	Y4
Fong Sarah M.	Y1
Gandhi, Vandana K.	Y4
Gerber, Roman B.	Y1
Sukhvinder K.	Y4
Gleason, Shannon M.	Y3
Glose, Jennifer M.	Y2
Goodwin, Robert D.	Y3

1 (

Goss, Kimberley D.	Y4
Grabar, Kristen A.	Y3
Groshek, Delia A.	Y2
Guthrie, Jeffrey K.	Y3
Habib, Roger	Y4
Hampu, Rebecca A.	Y1
Han, Hannah	Y2
Harberts, Brent S.	Y4
Harrison, Catherine A.	Y1
Harvey, Mariah I.	Y4
Hebda, Jonathan E.	Y3
Hempelmann, Adrianna M.	Y3
Hendrickson, Matthew S.	Y3
Henney, Sara J.	Y2
Hermanson, Daniel E.	Y3
Hinderscheid, Cassandra A.	Y1
Hodgins, Karen M.	Y2
Horst, Jeffrey D.	Y3
Howell, Marvin A.	Y4
Hunter, Quinlin P.	Y1
Hur, Chee	Y2
Hutchins, Rachel A.	Y4
Huynh, My-Nga T	Y2
Ittner, Erica A.	Y3
Jison, Louis Raymond A.	Y4
Johnson, Jalyn K.	Y2
Johnson, Kristina M.	Y1
Jones, Jordan P.	Y4
Mones Kevin R.	Y4
Ciones, Michelle D.	Y4
Jue, Justin B.	Y3
Kaler, Jagpreet	Y3
Karas, Michelle L.	Y4
Kieffer, Mindi	Y4
Kim, Yoomi	Y4
Klabunde, Jessica L.	Y1
Klein, Kelly	Y3
Knapp, Lanae B.	Y3
	1//
	Y4
Kolodziejczyk, Jennifer G. Koroll, Cassandra H.	Y4 Y2
Kolodziejczyk, Jennifer G. Koroll, Cassandra H.	
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F.	Y2
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K.	Y2 Y3
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K. Kremer, Kara S.	Y2 Y3 Y2
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K. Kremer, Kara S. Kroll, Christine M.	Y2 Y3 Y2 Y4
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K. Kremer, Kara S. Kroll, Christine M. Kunz, Thomas J.	Y2 Y3 Y2 Y4 Y1
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K. Kremer, Kara S. Kroll, Christine M. Kunz, Thomas J. Lam, Natalie L.	Y2 Y3 Y2 Y4 Y1 Y1
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K. Kremer, Kara S. Kroll, Christine M. Kunz, Thomas J. Lam, Natalie L. Landy, Michael V.	Y2 Y3 Y2 Y4 Y1 Y1 Y1 Y4
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K. Kremer, Kara S. Kroll, Christine M. Kunz, Thomas J. Lam, Natalie L. Landy, Michael V. Lansink, Lisa	Y2 Y3 Y2 Y4 Y1 Y1 Y4 Y2 Y3
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K. Kremer, Kara S. Kroll, Christine M. Kunz, Thomas J. Lam, Natalie L. Landy, Michael V. Lansink, Lisa Le, Christine H.	Y2 Y3 Y2 Y4 Y1 Y1 Y4 Y2 Y3
Kolodziejczyk, Jennifer G. Koroll, Cassandra H. Kosir, Michael F. Kowalski, Rachel K. Kremer, Kara S. Kroll, Christine M. Kunz, Thomas J. Lam, Natalie L. Landy, Michael V. Lansink, Lisa	Y2 Y3 Y2 Y4 Y1 Y1 Y4 Y2 Y3

Lee, Wilson	Y1
Leung, Donald	Y1
Leung, Michael	Y3
Liepins, Melissa A.	Y1
Lillie, Nicholas V.	Y1
Lindsay, Elizabeth R.	Y3
Lingk, Johanna K.	Y4
Logisz, Catherine C.	Y3
Longo, Marian L.	Y1
Low, Annie	Y3
Luu, Mai N.	Y3
MacDonald, Laura S.	Y3
Majewicz, Maria	Y1
Makoni, Tafadzwa C.	Y1
Manastersky, Natalka A.	Y3
Martin, Kelly C.	Y3
Martinson, Christine L.	Y2
May, Lindsay A.	Y2
McPeek, Christa N.	Y3
Mehta, Pranali B.	Y2
Menza, Kimberly A.	Y3
Millet, Lucia E.	Y2
Misko, Melissa A.	Y4
Mok, Miranda J.	Y3
Montcalm, Laurie I.	Y4
Montreal, Meghan E.	Y1
Morley, Kathleen A.	Y4
Mosley, Megan V.	Y3
Mus, Danny	Y4
Nebelsick, Keri D.	Y1
Needham, Andrea M.	Y4
Nehls, Alicia A.	Y1
Ngo, Linda	Y1
Nguyen, Duong D.	Y4
Nikoniuk, Marta	Y2
Nosi, Iva	Y3
O'Brien, Patrick J.	Y3
Oliver, Kelly D.	YO
Olson, Ross J.	(V)
Owusu, Nana Y.	JY4
Pappas, Priscilla A.	Y3
Park, Jenny Joo-Won	Y3
Park, Jenny Y.	Y4
Park, Jin H.	Y4
Patel, Komal MO	Y2
Patel, Poonein 3.	Y1
Patel, Rakh R.	Y4
Patterson, Leslie E.	Y3
Ravone Christopher	Y4
Pena, Rocio	Y2
Penney, Rachel L.	Y4
Peotter, Callie M.	Y3

Petraitis, Meagan J.	Y4
Phipps, Renee G.	Y4
Porter, Erika K.	Y1
Prinzen, Billi Jayne	Y3
Quach, Laura	Y4
Ratermann, Stefanie M.	Y1
Rickels, Michael D.	Y2
Rodolfo, Lauren A.	Y3
Rogerson, Katelyn M.	Y3
Rondeau, Abbie N.	Y4
Ross, Kyle D.	Y1
Rovenstine, Sharon M.	Y4
Rutayisire, Nadia U.	Y3
Safratowich, Susan	Y3
Samson, Jamie L.	Y1
Schara, Jessica	Y4
Scheurer, Ashley M.	Y2
Schiefer, Steven P.	Y4
Schnelle, Christopher C.	Y4
Schuchard, Kristen N.	Y4
Schultz, Ryan M.	Y4
Seagraves, Sandra K.	Y2
Seif, Noha	Y1
Seiler, Allyson M.	Y3
Setork, Sheila M:	Y1
Shah, Shilpa	Y3
Shallwani, Kelly S.	Y4
Shelus, Elizabeth J.	Y1
Shen, Hung-Ju K.	Y2
	Y2
Shepelenko, Marina	Y3
Shorter, Ellen	
Slusky, Joanna E.	Y2
Smith, Kimberly D.	Y4
Smith, Shannon J.	Y4
Sparing, Callie E.	Y4
Specht, Jennifer J.	Y1
Stanton, Seth B.	Y2
Stola, Katherine A.	Y2
Strombeck, Tracey J.	Y4
Syed, Sofia N.	Y4
Tan, Jingyi	Y2
Tancabel, Katie N.	Y4
Tetting, Ryan P.	Y4
Theye, Robin E.	Y4
Thobani, Azzrah	Y3
Thoele, Ryan S.	Y1
Tomlin, Samantha P.	Y4
Tonozzi, Jacob J.	Y1
Tran, Katherine N.	Y2
Tran, Trisha	Y4
Tseng, Eric	Y4
Tseng, Tommy	Y3



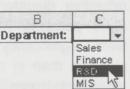
Turner, Brady D.	Y1
Ung, Susan A.	Y2
Upadhyay, Snehali A.	Y3
Ursetta, Carla A.	Y4
Vaassen, Samantha R.	Y1
VanSickle, Lindsey	Y1
Veire, Evan J.	Y4
Vien, Lee Q.	Y4
Virji, Nysha	Y2
Vogt, Sierra N.	Y1
Walker, Molly J.	Y3
Warren, Elizabeth A.	Y4
Wei, Jolyn	Y4
Werner, Rex A.	Y4
Wheatley, Jennifer L.	Y4
Williams, Stacy A.	Y3
Wright, Elizabeth B.	Y4
Yam, Jane	Y3
Yeh, Annie	Y1
Zickel, Michelle L.	Y2

Tech Tips

Ahmed Mohammad

Create a drop-down list from a range of cells

To make data entry easier, or to limit entries to certain items that you define, you can create a drop-down list



of valid entries that is compiled from cells elsewhere on the worksheet. When you create a drop-down list for a cell, it displays an arrow next to that cell. To enter information in that cell, click the arrow, and then click the entry that you want.

To create a drop-down list from a range of cells, use the Validation command under the Data menu. Then, choose List from the Allow dropdown list. In the Source text box, enter the values ou want to appear in the list, separated by commas, such as: Andy, Bill, Liza

Note: You may want to sort the data in the order that you want it to appear in the drop-down list

Group Wise Tips and Tricks

When long lists of messages seem to crowd your GroupWise folders, you can make things look a little more organized (even if they're

not) by adding date headings. The date headings in GroupWise are called Group Labels and can be added to any folder or panel display. Follow the steps below to organize your GroupWise mailbox using Group Labels.

- Right-click the Mailbox navigation tab from Tool Bar and select **Properties**.
- 2. Click the Display tab.
- 3. Check the Show Group Labels box.
- 4. Click OK.
- 5. Change the Display settings name if you wish.
- 6. Click OK.

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

First and Fourth Year Students

All Library books checked out by first and graduating fourth year students will be due on May 14. All fourth year students must return their library materials in order to graduate. After commencement, graduates will have their library status changed to "alumni" and fill again have full library privileges to check out items, except for equipment.

First year students may check out and keep library materials over the summer upon request. Please ask a fulltime library staff member if you need to check out or renew items for later than May 14.

Full and Part-Time Library Jobs for Summer

The Library will have a full-time position available for the summer, as well as part-time positions for evenings and Saturdays. Please contact Serials Librarian, Darlene Ward at dward@ico.edu or 312-949-7151, if you are interested in working for the Library.

Tax Help

If you make less than \$54,000/year, you may be able to get free or very cheap tax software and efiling. Go to the IRS webpage at http://www.irs.gov/ and click on the far left on freefile. The Library also has paper forms for Illinois state income taxes.

New Posters in the Library Lobby

"Optic Disc Parameters Measured by HRT II in African American Children" by Drs. R. Trachimowicz, Y. Pang, D.D. Castels, G.W. Goodfellow, and D.M. Maino is available for viewing in the library lobby. On April 18, the Library will display "Vision of Hope Health Alliance: Providing Health Care to the Hispanic Population" by Janis Ecklund Winters. Please direct any questions to the authors.

Using the WorldCat button

WorldCat is an online catalog of all the books, journals, dissertations, DVDs and other items in libraries around the world. On the bottom of the ICO Library's homepage is a link:

Search for an item in libraries near you: Enter title, subject or person.



For topics about eyes or vision, always first search the Online Catalog here at the Illinois College Optometry. If you don't find what you are looking for here, try searching WorldCat.

WorldCat will list all the items with that name, and you can narrow down by book or other type. Then, if you find what you are looking for, click on it, and WorldCat will list all the libraries that own the item.

WorldCat can import the item information into RefWorks or EndNote, allows bookmarks, and even lets users add comments and reviews.

Please contact us if you need help using WorldCat or for any other research or library assistance!

Did You Know?

Dr Colip

Refractive Errors and Binocular Dysfunctions in University Students

This clinical study was performed to determine the presence of refractive errors and binocular dysfunctions in a population of university students. Refraction and binocular function were evaluated in a young patient population (230 students and 234 non-student subjects, aged 18 to 27 years). Distance visual acuity (DVA) and near visual acuity (NVA), refraction, cover test (CT), ocular motility, near-point of convergence, horizontal phoria measurement by Maddox wing, negative and positive vergence amplitude in diopters. fusion amplitude synoptophore and stereoacuity (Titmus test) were tested.

Emmetropia was the most frequent refractive status in our student and nonstudent groups (78.7 percent). Myopia was the most frequent refractive disorder in the whole population (13.1 percent). Myopia and hypermetropia were significantly more frequent in the students than in non-students. Exophoria is significantly more frequent in myopic subjects. Vergence amplitude and fusion amplitude show significantly lower values in student population. Results of Titmus test in the student group is significantly worse than in the non-student group. Maddox wing resulted in significantly higher degree of heterophoria in the student population. Myopic subjects, in the student group as well as in the nonstudent group, show significantly better results in Titmus test.

High near visual demand could be the most important factor for higher incidence of myopia, worse convergence and fusion amplitude, higher degree of exophoria and worse results in Titmus test in the student population. SOURCE: Risovic DJ, Misailovic KR, Eric-Marinkovic JM, et al. Refractive errors and binocular dysfunctions in a population of university students. Eur J Ophthalmol 2008;18(1):1-6.

Student Organizations

Please submit your newly elected officers with their box numbers, phone numbers and email addresses to Kathy Brownfield kbrownfi@ico.edu in the Student Affairs Office.

CLASS

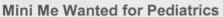
Work-Study Opportunity - Continuing Education

The Continuing Education Department has an upcoming opportunity for work-study students. Come assist us the weekend of April 19-20 during the first Orals course for Illinois Certified Optometrists. There will be around 500 optometrists on campus that weekend and we need your help with registration, answering questions, and other duties as required. The hours required are as follows: Saturday, April 19, 2008 — 9:00 a.m. - 6:30 p.m. Sunday, April 20, 2008 — 7:00 a.m. - 6:00

If interested, or for more information, please

p.m.

contact the Continuing Education Coordinator at dgillette@ico.edu.



Dr. Goodfellow is in need organized, hard-working, detail-oriented 1st year work study student in the Pediatrics/Binocular Vision Service for 10-15 hours per week. This lead work study

would work to reorganize supplies, take inventory of vision therapy equipment, and manage patient education handouts and forms. Unfortunately, this "behind the scenes" position does not involve interaction with patients. Potential candidates should work accurately and independently, have good time management skills, and be proficient in MS Word and Excel. The intent is for this student to work each guarter until the end of his/her 3rd year. Hours are very flexible and involve organizing the Service during non-clinic times, so early mornings, late nights, or weekend hours are viable. Several hours of training would occur during spring quarter, and the full job would begin summer quarter. Please contact Dr. Goodfellow at ggoodfel@ico.edu for more information.

Work Study Needed

The Community Based Education Department is looking for a first or second year student for this position. If you can type, have some computer skills and can count, this just might be the position for you.

Please contact Lisa Hamlin, Asst. to the Chair Community Based Education at ext. 7310

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
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he Antoinette. M. Molinari Scholarship (AOF)	Financial NeedGPA 3.5	\$6,000	May 12, 2008 to Student Affairs Office
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Maine Optometric Association Hilda L. Rand Scholarship	 Financial need Scholastic achievement and character From Maine 	(2) \$1,000	May 16 th , 2008 to Mary Brooks
John Gyles Education Awards	 Canadian or US Citizenship Post Secondary Study 	\$3,000	June 1 st , 2008 Application on-line at www.johngyleseducationcenter.com
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of polish heritage Chicago area Resident 2nd year and beyond Good grades 	Varies	July 1, 2008
The Connecticut Association of Optometrists	Connecticut Residence 3 Scholarships	Amount Varies	July 31 st .
Hispanocare® 2008 Student	3.0 gpaLatino descentHealthcare Field	\$1,500 to 5,000	October 10, 2008

FITNESS CORNER

Fitness Center Updates

A new fitness class schedule based on your requests is coming! New classes to look out for include Boxing Combat, Pilates, and Women on Weights, etc . . . The fitness schedule will be available online at The View.

enthusiastic Are you exerciser?

Fitness Center The looking for currently enthusiastic dance Oidit/Red by Ilinois College of Optometry Library fitness leaders. Areas of employment include leading cycling, walking and/or

front desk for the Fitness Center. Please email your resume and/or a letter of interest to srichards@ico.edu immediate consideration.

April Health & Fitness Tip

This month is STI (sexually transmitted infections) and Sexual Assault awareness month. Later this month the Fitness Center will be hosting special information presentations that will include STI information, a self defense class and lots more. Look for more information on campus bulletin boards as well as online at The View.

Oidit/Red by Illinois College of Optometry Library



Jocal Point

Commencement News

Commencement Activities

Mark you calendars for Wed., May 14th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO at 12:30 p.m. Following rehearsal there will be social time, awards presentations, time to visit with corporate sponsors and concluding with cap and gown and Yearbook pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 4 p.m. on Sunday, May 18. Rockefeller Chapel is located on 5850 S. Woodlawn Ave. A reception honoring the Class of 2008 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel

Financial Aid Never

New for 2008

participating

severity

Illinois College Optomet will not be

year as a lender in the Stafford Loan program Unfortunately, due to recent legislative changes and the

Lines Written in Early Spring William Wordsworth (1798)

The birds around me hopped and played, Their thoughts I cannot measure:--But the least motion which they made It seemed a thrill of pleasure.

current economic crisis, we are unable to obtain a viable funding partner that can commit the funds needed for the 2008-2009 lending season. You will still be able to access the Stafford Loan Program; however, if you selected ICO as your lender previously, you will need to select a new lender for 2008-2009 year.

ACTIONS REQUIRED

1. Selecting Lender for your Subsidized/Unsubsidized Loans- If you selected loo as your current lender (over 99% of you did), you will need to select a new lender for processing your Federal Stafford Loan and complete a new Master Promissory Note. You have the right and the ability to select an education loan provider of your choice.

Additionally, given current instabilities, ICO has pursued participation with the William D. Ford Federal Loan (Direct Loan) Program. These loans are funded directly through the U.S. Treasury Department and do not go through any banks or Should you choose to

> participate in Direct Loan Program, electronic promissory note can be completed on line at http://dlenote.ed.gov simply type dlenote.ed.gov.

The next Focal Point will come out May 2nd, 2008. The submission deadline is April 28th.

- 2. Completing Subsidized/Unsubsidized Loan Promissory Note —To avoid delays for your summer loans, please select a new lender and sign a new promissory note by Friday May 2nd, 2008. Once you have completed a new promissory note with your new lender, please notify our office of your selection. Our school code is 001689.
- 3. Perkins or HPSL Many of you completed master promissory notes for either the Perkins or the HPSL loan program last year. We will be able to use last year's signed notes again this year to schedule your loan disbursements. If we determine that it is necessary for you to complete a new loan promissory note for either the Perkins or the HPSL Loan, we will notify you via email, and direct you to the Financial Aid page of the VIEW to complete a new promissory note.
- 4. Changes to Loan Amounts You do NOT need to return a copy of your Financial Aid Award Notification to our office UNLESS you wish to reduce your award. Please indicate clearly on the award letter what changes you wish to make. If you choose to reduce a loan, please indicate the amount that you wish to borrow. Ordinarily, if you reduce your loan and later find that you need those funds, you can still borrow up to the original award amount, as long as academic year is still in session.

We will do our best to process your request for financial aid as quickly as possible, so that funds can be credited to your account in a timely manner. If you have any questions about this process, please do not hesitate to contact our office.

Sincerely,

Office of Student Financial Services

From the Mailroom

Summer Quarter Mailing Guidelines

Quarter.

First Year Students – Your First Class mail will be sent to your summer mailing address. Bulk mail and magazines are not forwarded to you during the Summer months. Magazines will be put in your mailboxes when you return for the Fall

Please make sure that the Registrars Office has your correct Summer Mail address. The Registrar supplies us with your address labels. If you are staying in Chicago for the summer please use your ICO mailbox number as your Summer Address.

Externship Students – The Mailroom will send your mail to your Externship address once a week. You will receive your mail, your magazines, your College related materials and other pertinent information addressed to you. You will not receive any "catalogs" these will be discarded.

It is very important that Lisa Hamlin, X7310, Community Based Education Assistant to Dr. Caven, be informed of your mailing address for each Quarter you are away on Externship. Lisa provides the mailroom with the address labels for the mailing each week. Bottom Line, if we do not have an address for you we can not send you your mail!

Graduating Students - Mail will be forwarded after Graduation to whatever address you have supplied to the Registrar. Unfortunately magazines are not forwardable, please change your address with the Company that supplies your magazine. We will forward mail for the Summer Quarter.

The Registrar provides us with the mailing labels for Graduates; please make sure that the address you provide is correct. If you will be here after Graduation please notify Daisy or Diane,

in the mailroom, arrangements will be made for you to continue using your mailbox.

Please Return Your Mailbox Key before You Graduate!

If you have any questions please stop by the mailroom and speak with Daisy or Diane.

Thank you for your cooperation and understanding of these matters. Helena (Daisy) Varkalis Supervisor, Mailroom & Printroom

Tech Tips

Ahmed Mohammad

You sent that recurring office meeting appointment two years ago, but now you have a few new people in the office. Here's a tip to painlessly send you recurring appointments to new hires.

- 1. Select the appointment you wish to send in either the week or day calendar view.
- 2. Click the Delegate button.
- 3. Click All Instances.
- 4. Enter the new hires' addresses in the To field.
- 5. Delete all "-Delegated" tags.
- 6. Click Send.
- 7. When the dialog asks if you wish to keep the original item, click Yes.

Above Tip from:

http://www.brainstorminc.com/ images/stories/tips/gw7/delega

How do I set a recurring appointment in GroupWise?

- 1. Choose the Calendar folder from the folder list.
- 2. Double click in Appointments.
- 3. Fill in the appropriate information.
- 4. Click on the calendar icon beside the "Start Date" field (or select Actions, Auto Date from the

window will appear. 6. Select: By Dates lets you select specific

5. Click on Select Recurring. The Auto-Date

days from a year calendar.

- 7. Click on the date(s) you want the recurring appointment/note/task to appear on the calendar.
- 8. Press OK when complete
- 9. Complete the information.
- 10. Press OK when complete

How do I add contacts to an address book?

- 1. Open the Address Book and select the book where you want to add someone. (Note: Only GroupWise administrators can add/remove entries from the Novell GroupWise Address Book.)
- 2. Press the New button on the toolbar, select Contact and press OK.
- 3. Enter the first name, last name, and email address of the person you're adding. Press the Add button located next to the address. Enter any information you want to save for this person, such as phone numbers, contact information (located on the contact tab) or conal information (located on the personal tab).

AOA-PAC Update

This spring was a large step in the right direction for the future of Optometry. On April 7th-9th, over 400 Optometrists and students went to Capital Hill in Washington DC. Among the students present were Niki Henriksen, Roman Gerber, Billi Prinzen, Courtney Krohn, and Cory Springstroh.

Five major issues were discussed:

▶ HR 1983 Full Recognition of OD's as Medical Eye Care Providers in Medicaid: This bill would clearly state that Optometrists are fully

able to provide medical services to

patients, just as they have been listed

commands). The Set appear.

Arrogance is for those who have not experienced enough consequences.

Medicare for almost 20 years. Ophthalmologists publicized that Optometrists were trying to make themselves surgeons, but the bill simply extends physician status to optometrists, recognizing them as the primary eye care providers.

- HR 1884 National Health Corps Service Act: This bill would allow for Optometrists to be included, once again, in a student debt forgiveness program. The student would work in an underprivileged area and after two years some of their loans would be forgiven. Optometry was once included in this program, but was pushed out in 2003.
- HR 2012 Contact Lens Consumer Health Protection Act: This bill is a crackdown on prescription verification abuses by unscrupulous internet and mail order contact lens sellers.
- ▶ HR 507/S. 1117 Vision Care for Kids Act: A bill ensuring that no child is left behind in the classroom due to an untreated vision disorder.
- We also were asking for sponsorship or support for a bill to delay of the 10.6% cut for Medicare reimbursement set for July 1, 2008.

If you have any questions about the bills, feel free to contact any of the students who attended the conference or e-mail Cory Springstroh (cspringstroh@eyecare.ico.edb), your AOA-PAC liaison. More information can be found on the AOA-PAC board rear the bookstore and also at www.aoa.org AOSA encourages you to contact your congressmen today!

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Exam Week and Summer Library

Hours

Fri., May 2 8:00 am -12:00

midnight

8:00 am -12:00 midnight Sun., May 4 10:00am-12:00 midnight Mon-Fri. May 5-9 7:00 am- 12:00 midnight

Sat., May 10 8:00 am- 5:00 pm

Sun., May 11 Closed

Break week hours begin Monday, May 12

Mon.-Fri.

8:00 am- 5:00 pm

Sat., May 17 Closed [Exception]

Sun.

Closed

First and Fourth Year Students

All Library books checked out by first and graduating fourth year students will be due on May 14. All fourth year students must return their library materials in order to graduate. After commencement, graduates will have their library status changed to "alumni" and will again have full library privileges to check out items, except for equipment.

First year students may check out and keep library materials over the summer upon request. Please ask a fulltime library staff member if you need to check out or renew items for later than Nay 14.

VisionCite for Alumni

Alumni may have access to VisionCite via an annual subscription. Alums get a 20% discount on the annual fee which brings the cost down to \$40.00. Alumni also may request to have articles or books sent to them at no charge. The articles usually are emailed as PDF scans; the books need to be mailed back.

New Posters in the Library Lobby

"Optic Disc Parameters Measured by HRT II in African American Children" by Drs. R. Trachimowicz, Y. Pang, D.D. Castels, G.W.

Goodfellow, and D.M. Maino is available for viewing in the library lobby. Please direct any questions to the authors.

New Books

The Library's new books also can be viewed from our website. Here are a few that might be of special interest:

Medical Malpractice Expert Witnessing:

Introductory Guide for Physicians and

Medical Professionals, by Perry Hookman. KF8964.H58 2008

The Sankara Nethralaya Atlas of Neuro-Ophthalmology. RE725.S36 2008

Artificial Sight: Basic Research, Biomedical Engineering, and Clinical Advances.
RE986.A78 2007

The educated brain: Essays in

Neuroeducation, Antonio M. Battro, Kurt
W. Fischer & Pierre J. Léna, editors.

LB1051.E215 2008

Procedures in Clinical Optometry, editor,
Patricia Hrynchak; editorial team, Ken
Haley, Rodger Pace, Trefford Simpson.
RE951.H79 2008 [Canadian boards
review book.]

Slit Lamp: Examination and Photography, by Csaba L. Martonyi, Charles F. Bahn, Roger F. Meyer. RE79.B5M37 2007

Living with Low Vision and Blindness:

Guidelines that Help Professionals and
Individuals Understand Vision
Impairments, by John M. Crandell Jr. and
Lee W. Robinson. RE91.C73 2007

Vitreoretinal surgery, by Thomas H. Williamson. RE551.W55 2008

Antigen-Presenting Cells and the Eye, edited by Manfred Zierhut, Hans-Georg Rammensee, J. Wayne Streilein. QR185.8.A59 A578 2007

Good luck on exams and we look forward seeing you in the Library!

Responding to Stress

Beth Karmis

This time of the year completing the academic year, having practical exams, getting ready for clinic, moving to your first externship, and even graduation – can be very stressful. Fach of us respond to and handle stress in different ways. If

you or someone you know is struggling here are a few suggestions:

keep busy. Research indicates keeping focused on day to day required tasks or routines helps mitigate the effects of stress.

Seek out people who care for and support you. Share your reactions, thoughts and how the experiences are impacting you.

▶ Know that the reactions to stress and trauma are normal responses to an abnormal experience. They occur in varying degrees of severity and type for each person.

▶ Baby yourself – eat well, get your sleep, and do nurturing things. It's really not "babying" as much as it is fueling and taking care of you.

Express your feelings with your art! Drawings, poetry etc. are all healthy ways to manage the feelings related to trauma.

Consider writing a journal of your experience or feelings.

Seek to gain perspective on the experience. This is often helped by participation in counseling. Other aids may include meditation, reading, spiritual refection or involvement in support groups.

Make an effort to support someone else. Helping others often is the healthiest way to manage our own feelings of sowerlessness.

Stress can induce some of the symptoms below, this is normal!

▶ Shock: often the initial reaction to stressful/traumatic events. Shock is the person's emotional protection from being too overwhelmed by the event. You may feel stunned, numb, or in disbelief concerning the event.

▶ Suffering: this is the long period of grief during which the person gradually comes to terms with the reality of the event/loss/stressful event. Feelings that life is overwhelming, chaotic and disorganized are common.

Sadness: The most common feeling found following traumatic or stressful events. It may become quite intense and be experienced as emptiness or despair.

Anger: Can be one of the most

- confusing feelings for the grieving person. Anger is a response to feeling powerless, frustrated, or even abandoned.
- ▶ Anxiety: Can range from mild insecurity to strong panic attacks. Often grievers become anxious about their ability to take care of themselves, or fear a traumatic/stressful event will happen to them or a loved one.

It's good to talk about it.

If you are an ICO student please call the Office of Counseling & Academic Enrichment 312-949-7415 to make an appointment. If you are an ICO/IEI employee, the College's Employee Assistance Program – Lifeworks is a great resource. They can be reached on line at LifeWorks.com (user ID "Illinois", password "5073") or call 1/877-234-5151. En español, llame al: 888-732-9020.

Did You Know?

Dr Colip

Email (4/12/2008) from Tahira Bedgood to Dr. S. Messner re student performance in clinic: "I wanted to make you aware that a patient named Chonszetta Simmons complimented 2nd Year Students Ajay Katiyar, Rumeet Dhaliwal and Kevin Trieu. She said that they exhibited the "customer service skills that so many people lack today". She made me promise to pass this compliment to any other superior above me. She was that impressed."

Parking

Reminder of street cleaning parking bans till 9am on Wednesday and Thursday Fast vs. West side of streets - ticketing will be likely.

Congratulations

- Travel fellowships to attend the ARVO mtg. were awarded to five students: Mark Burke, Lanae Krapp, Diane Lee, Rakhi Patel and Wilal Patel.
- 2. Ms. Billi Prinzen will be receiving the AOF-Carl Zeiss Vision Fellowship at the upcoming AAO annual meeting in Anaheim in October

2008.

- Dr. Dominick Maino lectured at the Dublin Institute of Technology for several optometry students and optometrists, April 3, 2008.
- Drs. Block and Allison attended the World Congress of Optometry meeting in London, England, April 11, 2008.
- 5. Drs. Augsburger, Block, Allison and Brandys and students; Courtney Krohn, Billi Prinzen, Nicole Henriksen, Roman Gerber and Cory Springstroh attended the AOA federal advocacy meeting in Washington DC, April 7-8, 2008.

Building Use

IIT will be holding a small Graduation Ceremony at ICO on May 17, please welcome our neighbors. In addition that same day the ICO Board of Trustees will be meeting on campus. Please welcome both important groups to our campus.

HR news at ICO

Open Positions

Customer Service Associate - part time,
Illinois Eye Institute

Data Entry Associate - Materials Management

Please welcome ICO's newest faculty namber Dr. Eric Conley in Primary Care.

Alumni

- The online alumni directory, an alumni listserve and lifetime email accounts for alumni will be active by mid-May after the Alumni Council serves as a trial group to test these services.
- The Spring 2008 issue of ICO Matters is out and a planning meeting was held to develop the story list for the Summer (July) issue. The theme will be the international reach of our faculty, alumni and students.

Clinical Cure of Bacterial Conjunctivitis with Azithromycin 1%

Eligible participants with a clinical diagnosis of acute bacterial

conjunctivitis were randomized to either 1% azithromycin in DuraSite or vehicle for five days to analyze the effect of azithromycin 1% ophthalmic solution in DuraSite on bacterial conjunctivitis. Infected eyes were dosed twice daily on Days 1 and 2 and once daily on Days 3 through 5. Conjunctival cultures were obtained at baseline, Visit 2 (Day 3 or 4) and Visit 3 (Day 6 or 7). The primary endpoint was clinical resolution of signs and symptoms (rating of zero on ocular discharge, bulbar and palpebral injection) at Visit 3. Efficacy measures were clinical resolution and bacterial eradication as evaluated in the perprotocol population. Safety was assessed by adverse events, slit-lamp findings and ophthalmoscopy.

A total of 279 participants (130 treated with 1% azithromycin in DuraSite; 149 with vehicle) ages 1 to 96 years were evaluated. resolution with azithromycin Clinical statistically ophthalmic solution was significant compared with that of vehicle at Visit 3. Bacterial eradication rates with azithromycin ophthalmic solution reached 88.5 percent at Visit 3 and included some pathogens resistant to azithromycin in vitro. Overall, adverse event rates were similar in both treatment groups.

Azithromycin 1% ophthalmic solution in DuraSite showed statistically significant differences in clinical resolution and bacterial eradication rates when compared with vehicle. Because it was well-tolerated in this population, it may be a viable treatment option for children and adults with bacterial conjunctivitis.

SOURCE: Abelson MB Heller W, Shapiro AM, et al. Clairal cure of bacterial conjunctivitis with azithromycin 1%: Vehicle-Controlled; double-masked clinical trial. Am Sphthalmol. 2008 Mar 27 [Epub ahead of print].

Mainos Memos

Optometry in Ireland

I recently had the pleasure of lecturing to approximately 90 students, faculty and optometrists at the Dublin Institute of Technology (DIT). The DIT has the only school of optometry in the Republic of Ireland. If you would like to have more information about optometry in Ireland, please do not hesitate to contact me or go to my blog at MainosMemos.blogspot.com and type in "Ireland" in the search box.

Vision Problems May Affect How Children Acquire Math Skills

Usually, those who are not members of COVD or who do not subscribe to Optometry & Vision Development have to wait 4-6 months before they can access the articles in the journal. Volume 39 #1 has two significant articles by Dr. Burkhart Fischer and colleagues from the Center of Neuroscience, Optomotor Laboratory, University of Freiburg, Freiburg, Federal Republic of Germany, that COVD wants you to have access to immediately.

The articles conclusions strongly suggest that the visual system plays a major role in acquiring basic math skills. This may affect how we diagnose and treat learning related vision problems, including those not only with reading difficulties but also with problems in math.

Go to http://www.covd.org click on "OVD Journal" in the upper right hand corner and then on OVD volume 39 #1.

The reference to these articles are below: Fischer B, Gebhardt C, Hartnegg K. Subitizing and Visual Counting in Children with Problems in Acquiring Basic Arithmetic Skills. Optom Vis Dev 2008:39(1):24-29.

Fischer B, Köngeter A, Hartnegg K.
Effects of Daily Practice on
Subitizing, Visual Counting, and
Basic Arithmetic Skills. Optom Vis Dev
2008:39(1):30-34

Tylenol Scholarship

Tuition Assistance for Healthcare Students In 2009, Tylenol® will be awarding a total of \$250,000 in scholarship money to outstanding students who are pursuing heath-related studies.

Go to tylenol.com/scholarship (use access key TYNL) for applications and information. We understand that while medicine may treat the condition, It takes dedicated people to treat the patients. Application Deadline: May 15, 2008

Student Organizations

Please submit your newly elected officers with their box numbers, phone numbers and email addresses to Kathy Brownfield at kbrownfi@ico.edu in the Student Affairs Office.

CLASSIFIEDS

Workstudy

Biomed dept is looking for student workers to do minor repair on optometric equipment. Flex hrs.

Please contact Andy Fabrizius, Manager Biomedical Services, at extension -7190.

Full and Part-Time Library Jobs for Summer

The Library will have a full-time position available for the summer, as well as part-time positions for evenings and Saturdays. Please contact Serials Librarian, Darlene Ward at dward@ico.edu or 312-949-7151, if you are interested in working for the Library.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLAROSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the arrawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Wesler - Dr. Allan V. Wexler Memorial Scholarship (GOA)	Georgia Residency Student in Optometry School	\$1,000	Submitted to GOA By April 30, 2008
HOYA Vision Care Grant and Scholarship Program	and 4 th Year Submit Patient Case Study involving HOYA products	\$1,000 National Winner get an addt'l \$6,000	May 1 st to Student Affairs
Michigan Foundation of Vision Awareness	 Resident of Michigan 3rd year B Average Plan to practice in MI 	\$1,000	May 1, 2008
Tie 2008 Dr. Seymour Galina Grant	 3rd year Good academic standing Submit a paper 	\$2,500	May 1 st , 2008 to Student Affairs Office

The Antoinette. M. Molinari Scholarship (AOF)	Financial NeedGPA 3.5	\$6,000	May 12, 2008 to Student Affairs Office
Transitions Healthy Sight for Life	Optometry StudentComplete a project	\$500 (10 available)	May 15, 2008
Maine Optometric Association Hilda L. Rand Scholarship	 Financial need Scholastic achievement and character From Maine 	(2) \$1,000	May 16 th , 2008 to Mary Brooks
John Gyles Education Awards	 Canadian or US Citizenship Post Secondary Study 	\$3,000	June 1 st , 2008 Application on-line at www.johngylesedu cationcenter.com
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of polish heritage Chicago area Resident 2nd year and beyond Good grades 	Varies	July 1, 2008
The Connecticut Association of Optometrists	Connecticut Residence 3 Scholarships	Amount Varies	July 31 st .
Hispanocare® 2008 Student Scholarship	3.0 gpaLatino descentHealthcare Field	\$1,500 to 5,000	October 10, 2008

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

May's Sexual Health Fair

The Fitness Center invites you to learn how to protect yourself and those you care about during STD and Sexual Assault Awareness Month. Representatives from Campus Security, Planned Parenthood, Rape Victim Advocates, and the YWKA will be on hand to provide information and answer questions.

Learn about STDs, also known as sexually transmitted infections and how to keep yourself and your partner protected.

What is sexual assault? Learn how to protect yourself; get help if you or someone you love has been a victim;

what to do if a patient has been sexually assaulted.

Then get a 15 minute self defense lesson from a black belt martial artist and Criminology Student, Arturo Ferreira.

This special event will take place on Tuesday, April 29th from 11am - 2pm in the Foyer and Courtyard. Make sure to dress comfortably for the self defense presentation. For more information, please call x7460 or email srichards@ico.edu.

Fitness Center Updates

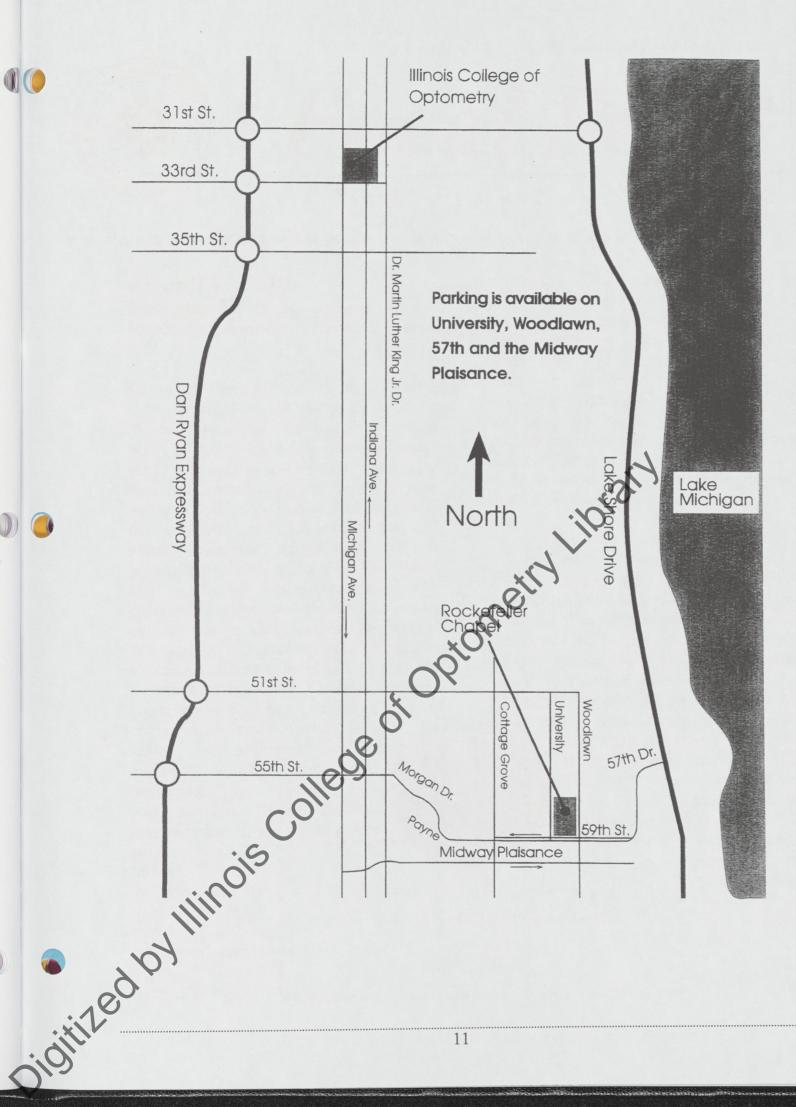
The new fitness schedule is finally here and available online at The View. All summer classes begin on Thursday, May 1st. Stay tuned for additional classes and special outdoor events to come!

Got Massage Certificates?

With finals still looming and the end of the academic year upon us, isn't it a good time for a massage by Soothing Hands. Please note: all outstanding

certificates must be redeemed by the end of the 2008 Academic year. For pricing and scheduling information, please call x7460 or email srichards@ico.edu for availability.

Oidit/Red by Illinois College of Optometry Library



Oiditzed by Illinois College of Optometry Library



"family".

the great joys

the opportunity to

continue to watch each of you grow

Focal Point

CAMPUSNEWS

From Dr. Colip

Congratulations to all students on the successful completion of another year at ICO!

To the ICO Class of 2008 (candidates for the O.D. degree): This will indeed be your last "Student" Newsletter. I have enjoyed working with you over the last few years and would like to wish each of you the best as you begin your new careers. Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO Alumni Association. As you take your first professional positions, the next few weeks and months will undoubtedly hold much change and professional challenge as you try out your new privileges as licensed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others. As your first paychecks start rolling in I'd like to challenge you to rely on each other, as well as those of us that will remain here at ICO, for advice and assistance as your professional continue development and transition into your practices. Though distance may separate us, you will always be part of the ICO

and continue your professional development and learn of your successes. Your return visits are always welcome! As a member of the largest optometric alumni association in the world you have earned access to and assistance from over 8,000 fellow alumni worldwide – take advantage of us! Your ICO education will serve you well and will undoubtedly make many of your life's rewards possible. Be proud of your accomplishment and best wishes to all of you!! I wish you each many successes in your new careers!

To the Third ear Class: Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externship Program. Please visit us in the Student Affairs Office during your campusbased rotations. Now is a good time to list yourself with the ICO

and use the next few months to start evaluating practices and thinking about where you may want to set-up

Placement Program (many of you

already have - congratulations!)

practice.

The world is round and the place which may seem like the end may also be the beginning.

~Ivy Baker Priest

The next Focal Point will come out in August.

To the Second Year Class: Best wishes as you begin your formal clinical education in the Illinois Eye Institute. I encourage you to enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend that you check out the many festivals and plan to take in a concert in Grant Park sometime this summer – they're free!

To the First Year Class: I commend you on the completion of your first year and encourage you to reflect back upon this year and realize just how much you have learned. To those of you that will be returning to your homes, have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and helping out with First Year Orientation (Aug. 10 – 12) and help get the new Class off to a good start.

To all Students

From Dr. Colip

The summer months will once again be quite busy around ICO. ICO's annual Commencement Capstone Program for the graduating Class will run Wednesday, May 14th. Commencement is Sunday, May 18 at 4pm at Rockefeller Chapel at University of Chicago.

The Admissions Office will conduct our summer Open House on Saturday, June 7th, you will be around and would like to help out or participate, please stop-by the student Affairs Office and see Teisha Johnson.

ICO will sponsor an alumnistudent reception at the AOA Congress in Seattle (June 25 -29). If you plan to attend the neeting, or will be in the area, we would appreciate your attendance. It is a great opportunity to network with the alumni and who knows, maybe you will meet your new practice partner Details on the meeting are available on the AOA website.

the first ever summer program geared specifically to encourage college-age students from underrepresented minority backgrounds to consider optometry as a potential career. Many opportunities will be available for current students to assist with this program, please see Teisha Johnson for more details or to recommend a potential participant.

ICO/IEI will host the Congressional Glaucoma Caucus Screening van during the summer months presenting opportunities for ICO students and faculty to conduct community screenings for glaucoma in a well-equipped modern mobile screening unit. Look for a schedule of events and locations soon. See Dr. Vince Brandys with questions.

On the afternoon of June 27, ICO will host a tour group of pre-health professions advisors attending the National Association of Pre-Health Professions Advisors (NAAHP) convention which will be in Chicago that weekend. We plan to conduct tours, do equipment demonstration and share scientific posters prepared by students and faculty. If you are interested in helping out, please contact Dr. Colip.

Mark Colip, O.D.

Contest Winner!

Congratulations to Alicia Nehls for submitting the winning entry in the "Name the New and Improved Third Floor" area competition. Alicia will receive a \$100 check. The "Eyepod" name that she submitted, along with the name "Enhanced Learning Center" (proposed by Administration) will be field tested and utilized during the construction phase to see if either sticks. Thanks to the fifteen people that submitted names in the competition.

Target completion date for the project is October 2008. The entire Third Floor has now been closed to student access.

LIV 14-18 the ICO Admissions Office will run

Scholarship



Congratulations to Karen DeLoss on her selection as a recipient of the 2008 Heart of America Scholarship!

Sign up for Seattle!

Just a reminder that online registration for Optometry's Meeting is May 31st. The annual AOA meeting is



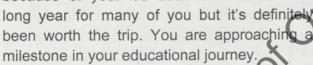
June 25-29th and features speakers Jay Leno and Christopher Gardner. Sign up early to ensure your spot at special events. Check it out at www.optometrysmeeting.com.

Niki Henriksen ICO AOSA Trustee (605) 280-1349

Capstone Week

Congratulations to this year's graduating class of 2008.

The Professional Career Development Office has been very busy and it's all because of you. It's been a



There are a number of exciting wents lined up for you during the week of Capatone.

Wednesday - 5/14/08

The historical Chicago Trolleys will arrive at the school at NOON! You will be whisked away after being reunited with your classmates.

After Commencement Rehearsal at the prestigious University of Chicago's Rockefeller Chapel we will await your prompt return back to campusl for the Awards Dinner at 3:30 p.m.

There will be plenty of sponsors on hand who have brought gifts just for you! Some of them were unable to make it personally, but still they sent their gifts in advance!

Please come and spend time mingling with those vendors who have been long time supporters of Optometry and YOU!

Commencement Capstone Program Wednesday - May 14, 2008

12:30 p.m. Graduates board Trolleys to Rockefeller Chapel

1:00 p.m. Commencement Rehearsal at Rockefeller Chapel

2:30 p.m. Capstone sponsors expected to arrive on campus and set up information tables

3:30 p.m. Graduates arrive on campus and mingle with Sponsors at information tables

3:50 p.m. Begin serving food at all stations

4:15 p.m. Presentation of school gift by 4th year reps: Scott Collings/Vanessa Wang.

4th Year Awards Presentation Capstone Dinner & Dessert – Gymnasium Opportunity for graduates to visit sponsor information Tables

5.00 p.m. Graduates mingle and visit with sponsors at information tables

5:15 p.m. Cap & Gown Pickup (Lecture Center all rooms) Yearbook Distribution – Lecture Center (Sponsor Gift distribution: outside Lecture Center)

Thursday – May 15th - On site recruitment day.

The mass on site recruitment is planned for private, corporate, group, multi-practice offices, and ophthalmic goods and service providers.

The day will begin at 8:00 a.m. for those early birds and end at 6:00 p.m.

The recruiters know your banquet is later that evening. Schedule asap with my office, Tracy Faulkner, ext. 7403, as prime time slots are going really fast.

Corporate recruiters:

- ▶ America's Best/First Sight
- Luxottica
- Sterling Optical
- ▶ U-S Vision
- VisionWorks
- ▶ Wal*Mart/Sam's Clubs

Private Practice Doctors:

- Dr. Chiodo Nevada
- Dr. Levin Indiana: Whiting, and Crown Point
- ▶ Dr. Penmatcha Moline, Davenport, Princeton, Kewanee, and Aledo
- Dr. Sussex Michigan: Coldwater, Sturgis,
 Battle Creek, Three Rivers, and Otsego

Friday - May 16th - Private Practice Day

ICO's Professional Career Development Office has one more present to give to you before graduation! It's the first official Private Practice Day.

Program Day-at-a-glance.

10:00 a.m. – 12:00 p.m.

In Lecture Center room 1201/tentatively

Featured Private Practice Doctors:

Drs. Kattouf, Chiodo, DiGiorgio, Levin, Roitstein, & an AOA representative

Your Choice: Private Practice

We are offering you some paramount "pearls" to carry with you both now and in the future.

They will include: critical reflections, "If I had known ther what I know now" and the critical DOs and DONTs of private practice, marketing, business contracts, negotiation tips, salary information, staff --- hiring, firing, red flags, what to look for...and etc.

The doctors on the panel are also HIRING! They will be showcasing their opportunities, and services for any new graduate who may be interested.

Break/Private Practice Reception: Noon – 1:30 p.m.

Private Practice Reception is sponsored by esteemed alumnus listed above.

1:30 p.m. - 2:30 p.m.

Business and Finance, oh my!:

- ▶ Attorney Cecil Lucy
- ▶ Accountant Charles Quattrochi

Take candid questions and answers from the graduates. These experts have over 50+ years experience combined in the areas of law and finance. I expect you as students and future practitioners to come prepared to ask the tough questions about salaries, forms, contracts, agreements, partnerships, taxes, retirement, investments, savings, pension, and what fees are involved in retaining expert legal and financial advice, details about benefits packages CE, time off, and referrals to MD's.

If you have any questions, please do not hesitate to contact Tracy Faulkner at 312 – 949-7403 or fax: 312 - 949-7386 and by e-mail at: fraulkner@ico.edu.

As always, I challenge myself to do more and better every year for the next group of students. If you have recommendations and suggestions on how to make this event a major success and next year for impact, significance, and participation for the future generation of ICO's students, by all means send them to

Work Study Authorization Form

The current work study authorization form will expire on May 15, 2008. Starting summer quarter (May 16, 2008) the new work study authorization form goes into effect. If you are hiring work study students for the summer quarter the new form will need to be completed. Students hired for summer and

me.

beyond who turn in the old form will receive it back with a new form to be completed.

NOTE: students will not be paid until the new form is in their payroll file.

Commencement News

Commencement Activities

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 4 p.m. on Sunday, May 18. Rockefeller Chapel is located on 5850 S. Woodlawn Ave. A reception honoring the Class of 2008 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel

Tech Tips

Ahmed Mohammad

How to Change an email to an appointment in Groupwise.

- 1) Double click on an email
- 2) Click on edit
- Click on "Change to" and select appointment.

How to set the Spell Checker to automatically check spelling before a new mail message, appointment or task is sent:

- On the main GroupWise toolbar, click on the Tools menu and select Options.
 Double-click on the Environment icon
- 2. Under the **General** tab, in the right portion of the screen, click in the check to next to the phrase "Check spelling before send". Click on **OK** to activate this change and exit the dialog.

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

1. Phone Request:

Contact x 500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their

extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

2. System Support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

From the Mailroom

Summer Quarter Mailing Guidelines

will be sent to your summer mailing address. Bulk mail and magazines are not forwarded to you during

the Summer months.

Magazines will be put
in your mailboxes when
you return for the Fall
Quarter.

Office has your correct Summer Mail address. The Registrar supplies us with your address labels. If you are staying in Chicago for the summer please use your ICO mailbox number as your Summer Address.

Externship Students – The Mailroom will send your mail to your Externship address once a week. You will receive your mail, your magazines, your College related materials and other pertinent information addressed to you. You will not receive any "catalogs" these will be discarded.

It is very important that Lisa Hamlin, X7310, Community Based Education Assistant to Dr. Caden, be informed of your mailing address for each Quarter you are away on Externship. Lisa provides the mailroom with the address labels for the mailing each week. Bottom Line, if we do not have an address for you we can not send you your mail!

Graduating Students - Mail will be forwarded after Graduation to whatever address you have supplied to the Registrar. Unfortunately magazines are not forwardable, please change your address with the Company that supplies your magazine. We will forward mail for the Summer Quarter.

The Registrar provides us with the mailing labels for Graduates; please make sure that the address you provide is correct. If you will be here after Graduation please notify Daisy or Diane, in the mailroom, arrangements will be made for you to continue using your mailbox.

Please Return Your Mailbox Key before You Graduate!

If you have any questions please stop by the mailroom and speak with Daisy or Diane.

Thank you for your cooperation and understanding of these matters.

Helena (Daisy) Varkalis

Supervisor, Mailroom & Printroom

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

Exam Week Hours

Mon-Fri. May 5-9 7:00 am - 12:00 monight
Saturday, May 10 8:00 am - 5:00 m

Closed

Break week hours begin Monday, May 12

Mondays-Fridays 8:00 am - 5:00 pm Saturday, May 17 Closed Sundays elosed

Summer Hours begin May 19

Monday Thursday 8 am to 9 pm
Friday 8 am to 5 pm
Saurday 1 pm to 5 pm (Looking for

students to work 9 am to 1 pm)

First and Fourth Year Students

All Library books checked out by first and graduating fourth year students will be due on May 14. All fourth year students must return their library materials in order to graduate. After commencement, graduates will have their library status changed to "alumni" and will again have full library privileges to check out items, except for equipment.

First year students may check out and keep library materials over the summer upon request. Please ask a fulltime library staff member if you need to check out or renew items for later than May 14.

VisionCite for Alumni

Alumni may have access to VisionCite via an annual subscription. Alums get a 20% discount on the annual fee which brings the cost down to \$40.00. Alumni also may request to have articles or books sent to them at no charge. The articles usually are emailed as PDF scans; the books need to be mailed back.

Full and Part-Time Library Jobs for Summer

The Library will have a full-time position available for the summer, as well as part-time sociitions for evenings and Saturdays. Please contact Serials Librarian, Darlene Ward at dward@ico.edu or 312-949-7151, if you are interested in working for the Library.

New Posters in the Library Lobby

"Determining the Calibration Error of Goldmann Applanation Tonometers After Repeated Use" by Dr. Janice McMahon and Steven Schiefer is available for viewing in the library lobby. Please direct any questions to the authors.

New Books

Garner and Klintworth's Pathobiology of Ocular disease, 3rd ed. RE67 .G3 2007 Ocular Traumatology, by Ferenc Kuhn. RE831.O255 2008 Advice for Candidates and Search Committees, by Jean A. Dowdall. LB2331.6952 .D69 2007

Graves' Orbitopathy: a Multidisciplinary
Approach, editors, Wilmar M. Wiersinga,
George J. Kahaly. RE715.T48 G75 2007
Automotive Lighting and Human Vision,
edited by Burkard Wördenweber.
TL273.A98 2007

Good luck on exams! Good luck graduates! and we look forward to seeing you in the Library!

Mainos Memos

Does Pseudo-strabismus put you at risk for Manifest Strabismus?

An article in the Amer. Orthoptic Jrnl. 57(1):111-117 (2007); doi:10.3368/aoj. 57.1.111 by Cindy Pritchard and George Ellis noted that of the 83 patients diagnosed with pseudo-strabismus, 12% later went on to manifest the strabismus. Are patients diagnosed with pseudo-strabismus at risk for developing strabismus later on? I would suggest that we watch these patients very carefully.

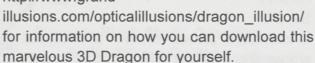
Should We Rx Full Plus for Accommodative Esotropes?

According to an article in the Br J Ophthalmol. Published Online First: 11 April 2008, doi:10.1136/bjo.2007.126417...YES! authors found that: Children with fully accommodative esotropia who are given the full hypermetropic correction demonstrate smaller, more controllable angles of deviation than those who are undercorrected by as little as only one dioptre. This supports the practice of providing the maximum hypermetropic correction for childhood esotropes. Another very important clinical fact to remember is that FIRST you toust ensure that the child WEARS the glasses. This may make it mandatory that you cut the plus at distance. I would also add that you should consider giving the child a multi-focal prescription (a bifocal) as well. Many times the cycloplegic does not uncover all of the plus in the system and an add (bifocal) will help maintain

alignment much more readily. In terms of patient/parent management, please tell them that it is not uncommon for a child with an accommodative esotropia "plus prescription" to change over a short period of time, perhaps even multiple times, and that when the prescription changes, this could be a **GOOD** sign that the visual system is adapting appropriately.

3D Dragon

...And finally....one of your ICO student colleagues, Ms. Laura Gengelbach, told me about a 3D Dragon cutout that is absolutely amazing. Go to http://www.grand-



As always, for this and other incredible information about othildren's vision, please visit http://www.lwainosMemos.blogspot.com.

Dominick M. Maino, OD, MEd, FAAO, FCOVD-A

Soudent Organizations

Rease submit your newly elected officers with their box numbers, phone numbers and email addresses to Kathy Brownfield at kbrownfi@ico.edu in the Student Affairs Office.

CLASSIFIEDS

Workstudy

I am in need of a work study for glaucoma clinic on Mondays, 1-4 and on Tuesdays, 1-4. Responsibilities would include VF's, assisting with patient, and check-in and out. Dominick L. Opitz, O.D., F.A.A.O. 312-949-7178 (office) dopitz@ico.edu

Looking for Summer Work Study positions??

Suite Technician-

Mon 8:45 - 12, Suite 2

Tue 8:45 - 12, Suite 1

Tue 3:45 - 6, Suite 1

Sat 8:45 - 12, Suite 1

Confirming & Rescheduling Clerk -

Mon - Fri~ any 3 hr time block

Front Desk Assistant -

Mon 9-11 & 4-6

Tue 9-11 & 4-6

Wed 9-11, 1-3, & 4-6

Thu 9-11

Fri 9-11

Sat 9-11

If interested please contact Dr. Rozwat at arozwat@ico.edu or x7179.

Workstudy

Biomed dept is looking for student workers to do minor repair on optometric equipment. Flex hrs

Please contact Andy Fabrizius, Manager Biomedical Services, at extension -7190.

Full and Part-Time Library Jobs for Summer

The Library will have a full-time position available for the summer, as well as part-time positions for evenings and Saturdays. Please contact Serials Librarian, Darlene Ward at dward@ico.edu or 312-949-7151, if you are interested in working for the Library.

Workstudy

The Student Affairs Office has available Workstudy hours for students proficient in Microsoft Office computer programs who would enjoy conducting campus tours. If interested please contact Sharon Uher in the Student Affairs Office at extension 7405 or suher@ico.edu.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop-by the Student Affairs Office for more information! All scholarship information can be found in the 30 drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The Antoinette. M. Molinari Scholarship (AOF)	• Financial Need • GPA 3.5	\$6,000	May 12, 2008 to Student Affairs Office
Transitions Healthy Sight for Life	Optometry Student Complete a project	\$500 (10 available)	May 15, 2008
Maine Optometric Association Hilda L. Rand Scholarship	 Financial need Scholastic achievement and character From Maine 	(2) \$1,000	May 16 th , 2008 to Mary Brooks
John Gyles Education Awards	 Canadian or US Citizenship Post Secondary Study 	\$3,000	June 1 st , 2008 Application on-line at www.johngylesedu cationcenter.com

Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of polish heritage Chicago area Resident 2nd year and beyond Good grades 	Varies	July 1, 2008
The Connecticut Association of Optometrists	Connecticut Residence3 Scholarships	Amount Varies	July 31 st .
Hispanocare® 2008 Student Scholarship	3.0 gpaLatino descentHealthcare Field	\$1,500 to 5,000	October 10, 2008

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Fitness Center Updates

For those of you who will be here over the summer, ICO's Fitness Center has lots of fun outdoor activities planned. On June 6th learn how to maintain your bike and ride around the city. Other available activities include both a running and walking group. Keep your eyes on the View for more summer offerings.

Got Massage Certificates? Just need to relax?

Now's the perfect time for a massage by Soothing Hands. Please note: all outstanding gift certificates must be redeemed by the end of the 2008

Academic year. For pricing and scheduling information, please call x7460 or email srichards@ico.edu for availability.

Summer Work-Study Openings in the Fitness Center

The Fitness Center is currently, looking for enthusiastic dance or fitness leaders. Areas of employment include leading cycling, walking and/or running groups; leading fitness classes; front desk for the Fitness Center. Please email your resume and/or a letter of interest to srichards@ico.edu or call 312-949-7460 immediate consideration.

Siditized by Hinois College of Optometry Library



Focal Point

CAMPUSNEWS

ICOlympics!!!

Attention all students, faculty and, staff. The time has come to show off your competitive spirit. The ICOlympics are just around the corner - Saturday, August 16th at the Illinois Institute of Technology's Morton Park starting at 10:30 am. The park is located west of Gunsaulus Hall, which is just south of 31st Street on Michigan Avenue.

There will be a variety of competitions, free food, drinks, prizes, t-shirts, medal ceremony and lots more. Sign-up sheets for the competitions will be posted in the President's Lounge by the student mailboxes during

the week of August 11th (announcements will be made for each class). Join the festivities and get ready for a good time Any questions please contact Shirmel Richards ext. 7460.

President's Welcome Awards Geremony

Everyone is invited to attend the President's Welcome Awards Ceremony. The program begins at 12:15 pm on Wednesday, August 20th in the Lecture Center. Come and watch the new 1st year class receive their first white lab coats.



ICOlympics
Saturday, August 16th
1030am
Morton Park

First, second and third year students will receive recognition for their awards and scholarships. Faculty will be recognized for the Teacher of the Year, Clinician of the Year and Golden Apple Award.

Welcome to All New and Returning Students

The Student Affairs Office extends a warm welcome to returning and new students of ICO. The Focal Point, the student newsletter, is published & posted on the College's internet (the view) bi-weekly by the Student Affairs Office for the entire

ICO community. The Focal Point informs students, faculty and staff of items and events concerning the student body.

If you have an announcement or other items you wish to include in the newsletter, or if you have scheduled an event, either on or off campus, please contact Kathy Brownfield in the Student Affairs Office. Kathy also maintains an all campus calendar for reserving rooms and for scheduling events.

Meet your Student Affairs Department

The Student Affairs Office serves as a liaison between students, faculty and administration and acts as an information source for the student body. If students have questions about where to go for particular services, stop by the Student Affairs Office and we will answer your questions. If we don't know the answer we will find out for you and/or direct you to the department who can answer your questions. Information regarding the Focal Point (student newsletter), scholarships, student leaders, reserving rooms, the master calendar, lockers and replacement ID cards can be found in our office. Students may also schedule appointments with the Vice President for Student Affairs in our office.

Dr. Mark Colip, Vice President for Student Affairs, is responsible for developing and maintaining admissions, student recruitment, residential complex, student affairs, student counseling and enrichment, student financial services, student health service, scholarships and awards, commencement and fitness center.

Professional Career Development Services

Tracy Faulkner

Welcome and Welcome back from ICO's Professional Career Development Office. name is Tracy Faulkner and I am the office's counselor. My office is located across from the cashier's office.

I look forward to meeting with you. My role is tied to several of ICO's traditions: The Annual Practice Opportunities Symposium, and the graduates week: Commencement Capstone Awards Ceremony, On site Recruitment, Rivate Practice Day held every year, the week prior to graduation.

I am also advisor to the Private Practice Club and the NOSA student organizations. Please plan one or both organizations. We need students who have a good work ethic, who are creative and who have new ideas! Most of all, I hope you are able to balance school and devote the time needed to make the organizations more successful.

By day, it is my job to assist you in developing your career strategies, specialization interests, interviewing preparations, Curriculum Vitae development, providing you with part-time career options, and to help you prepare for a rewarding career in the optometric profession.

My office utilizes resourceful tools devoted to your success. The Online Placement Program links hiring authorities, mostly O.D.'s and/or ophthalmologists with seekers of opportunities: those "soon to graduate" and our esteemed pool of alumni which is over 8000.

These are just a few of the provisions of my office. I have an open door policy. As long as I am not on the phone or with a student, come on in and if there's anything I can do to help you, I will

Food Service

He lower level of Brady Hall) is contracted by

Chartwells. Breakfast, lunch and dinner are served Monday through Friday as well as brunch on Saturday and Sunday. Hours of operation are as follows:

Breakfast - 7:30 am - 9:30 am Lunch - 11:30 am - 2:00 pm Dinner - 5:00 pm - 7:30 pm Brunch: Sat. & Sun. -- 11:00 am - 2:30 pm

Everyone is welcome to dine in the Brady Hall Cafeteria. Other than meal plan participants, purchases will be on a OneCard or cash basis.

College Wellness Services

The College Wellness Services, as a component of the Office of Student Affairs, addresses student health issues in both preventative and curative means. The Wellness Service providers include Beth Karmis and Shirmel Richards. While each provider has her own area of operation, a team approach is taken to provide the student community holistic wellness services and programming.

Shirmel Richards. the **Fitness** as Coordinator, in addition to overseeing the day-to-day operation of the fitness center. provides a plethora of fitness related services. Personalized services include a variety of fitness assessment protocols, counseling, equipment orientation. workout program design. Community services include a quarterly fitness class program, regular fitness and exercise incentive programs, health-oriented bulletin boards, healthy snack breaks or massage therapy during final exams, biweekly seated massage, and health fairs.

Beth Karmis, M.A., as the Director of Student Counseling and Enrichment Services. provides both psychological and academic counseling. The psychological and academic counseling services are usually short-term or intermittent to address acute situations or challenges to a student's ability successful here at ICO. Referral to outside services are provid appropriate/necessary. outside services are the student's responsibility. Academic enrichment programming, including tutoring services, Study skills workshops, and one-on-one sessions are available throughout the year.

Tutoring

Tutoring information will be available and regularly updated. Tutor authorization forms and tutor lists are available on the College's Intranet.

Student Association News

Club Blindspot

Friday, August 15th, 2008 5:00pm to 7:00pm

COVD, NOSA, SVOSH – are you confused by all of these letters?

Do you want to get more involved on campus? This is your opportunity to find out more about all of the active clubs on campus. Each club will be sponsoring a table in the gym where you can get more information about membership and upcoming events.

The Student Association will provide free pizza, and beverages for all students who attend the Club Blindspot. Each student will also be entered into a raffle for a chance to win great prizes. We hope to see you there!

SVOSH ICO Lapel Pin Sale

Monday, August 18th - Friday, August 22nd, 2008

SVOSH will be selling lapel pins with the ICO logo on them outside of 1200 from 11:00am-1:30pm during the week of August 18th through the 22nd. The pins will be selling for \$6 and can be charged to your student account. These will be great for both students & faculty alike to put on their clinic coats! All proceeds go to the funding of the 3rd year SVOSH mission trips. Feel free to contact Tiffany Andrzejewski (tandrzejewsk@ eyedoc.ico.edu) if you have any questions

From Courtney Krohn

Student Association President

On behalf of the Student Association, I would like to say, "Welcome to the Class of 2012 and Welcome back to the Classes of 2009, 2010 and 2011! Hope you all are ready for a great year at ICO!

Upcoming Events:

Friday, August 15th - Club Blindspot
Come and check out all the ways you can get
involved and meet your colleagues!
Free Pizza and Beverages!

Saturday, August 16t - ICOlympics (held at

IIT Campus)

Join in some friendly competition and get to know your colleagues! Everyone is welcome – bring your families along for the fun! Food and beverages are provided.

Sunday, September 14th - Golf Outing Always promises to be lots of fun! More details coming soon!

Stay tuned for more information regarding the upcoming Casino Night and BooBash events.

First-Year Class Representatives & Community Service Representative

For all who are interested in getting involved in student government: The Class of 2012 will elect two class representatives and a community service representative to be the liaisons between ICO Faculty/Administration and the Class of 2012. If you are interested in running for a position or have any questions, please feel free to contact any Student Association officer. Elections will be held during the first few weeks of classes.

Please feel free to contact me if you have any questions or concerns. ICO's Student Association is here to make the transition to ICO as smooth as possible and to make the best of each student's experience here! Once again, welcome back to everyone and good luck this year!

FCO

On behalf of the Fellowship of Christian Optometrists (FCO), I would like to welcome you to (or back to) ICO! We wanted to take this opportunity to invite you to be a part of FCO wherever you are in your faith journey and give you some information about how you might get involved. We are looking forward to a great year and hope you will join us for our ice cream social and kick-off meeting Thursday, August 21 at 6:30 PM in room 1201. We are pleased to announce that Pastor Luke from Bridgeport New Life Church will be joining us and giving a talk on how to

stay spiritually vibrant in the midst of the pressure and busyness of ICO. We meet weekly on Thursdays at 6:30 PM in the Low Vision reception room for fellowship, prayer, snacks, and Bible study as well as for scheduled social, service, fundraising, and mission opportunities. Look for our table at the Club Blindspot on Friday, August 15 to join our email list, grab a calendar of events, and ask any questions you may have – we look forward to meeting you!

Kevin Harris Box #542 3rd Year & FCO President

Facility - Lecture Center

Opie Nimon, Chief Engineer

The Lecture Center rooms 1200, 1201, 1202 and 1203 can be configured in several different ways to accommodate varying group sizes. Each room has seating approximately 160+ people each. The rooms can be requested for an event/lecturer by utilizing the room request form in the Student Affairs Office in advance. The Facilities personnel are the only people that are trained and authorized to move the walls in the Lecturer Center. Do not attempt to move the walls and do not ask Security to move the wals. Moving the walls could be extremely dangerous for persons that are unfamiliar with the mechanics of their construction. If you have any questions about how the walls can be configured or occupancy please contact Opie at x7610.

Attendance

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Academic Administration Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if you registered it in the past, it is still necessary that you register at the beginning of each quarter.

Courtyard

Weather permitting, student organizations are welcome to use the Courtyard for various functions. However, the grass in the Courtyard cannot withstand much traffic. Therefore, you are asked to stay off the grass and are requested not to set tables or other items on it.

Student Mail

From the mailroom:

By this time the new first year students should have found us, not that we were hiding. The mail room is here for your convenience. The mailroom hours are 8:30 a.m. – 4:30 p.m., Monday thru Friday.



The mailroom sorts all incoming mail by hand and this can be a very timely process. Please, when giving your address to someone include your box number and/or your year. Here is an example of how your mail should be addressed:

Mr. Jack Frost Illinois College of Optometry 3241 S. Michigan Ave. 1st Year #896 Chicago, IL 60616

By doing this, the mail will be sorted aster and distributed earlier.

Your mail is delivered to your box each day and your packages are kept secure until you pick them up. We will help you to ship your packages and put proper postage on your letters. We use the United States Post Office, United Parcel Service and Federal Express for shipping purposes.

The mailroom can only accept cash and checks as payment for mail or packages. We can not accept credit or debit cards.

Here are a few guidelines to follow when

shipping a package.

- Make sure that your package is securely wrapped. We can provide you with the materials, paper, tape, bubble wrap, etc., you will need to wrap your package securely.
- We are NOT a U.S. Postal facility. It is not possible for the mailroom to insure a package that is sent via U.S. Mail. Any package sent U.S. Mail will not be insured or trackable. If you need these services please use an authorized Postal facility.
- 3. United Parcel Service (UPS) is trackable and automatically insured (\$100). You can add insurance to any package that is worth over \$100., for an additional charge. We can provide next day, second day, three day select and regular ground service. Payment is expected at the time of shipping.
- 4. Federal Express services are also available from the mailroom, next day and second day. We can not accept Federal Express Ground. Federal Express costs are charged directly to your student account.
- 5. Nited Parcel picks up between 2:00 & 2:30 every weekday. Packages must be in the mailroom no later than 1:45 for shipment that day.
- 6. U.S. Mail is picked up at 3:30, every weekday. Please have all mail and packages to the mailroom no later than 3:15.
- Federal Express is picked up between 3:30 and 4:00 every weekday. All packages should be brought to the mailroom no later than 3:15.

If you have any questions or concerns please stop by the mailroom or call X7085 or 7087. We are here to help.

The Mailroom is a secure area. Access is allowed only to authorized staff and workstudy students.

At the time of Orientation all students will receive a mailbox key, Please keep this key

with you when you are at school. You will need the key throughout the day to access your mailbox. If you lose your mailbox key please see the cashier to pay a \$5.00 charge for a new key. Take your receipt to the Security Office, they will order your new key. Daisy Varkalis ext.. 7085 and Diane Altman ext. 7087

Rules and Regulations to be Aware of:

New Student Guide

You can view a copy of the 2008 Student Guide on http://theview starting the first week of classes. Hard copies are available in the Student Affairs Office and mailroom. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

Use of Alcohol at ICO

Student organizations may not use alcoholic beverages in the educational, clinical, recreational or other facilities at ICO, unless the Vice President for Student Affairs (Dr. Mark Colip) gives permission. Such permission (i.e. BlindSpots) may periodically be granted to student organizations that have completed a Facilities/Fund Raising Request Form.

Facilities/Fund Raising Request Forms should be completed and approved at least fourteen (14) days before any meeting at which alcohol is desired. If alcohol is served at an event, gross/net receipts must be reported to the Student Affairs Office for compliance with City of Chicago ordinances.

Smoking at ICO

Please note that ICQ is a smoke free campus. Smoking is prohibited in all campus facilities, including the Residential Complex, stairwells and entryways.

The parking spaces in the main entrance are College visitors.



Students are reminded that parking their cars in the "circle" (Indiana entrance) for any reason subjects their car to towing. Student and staff are not allowed to park in the IEI parking lot.

Please drive carefully while in the parking garage! Mirrors have been installed for your safety; however, it is important that we drive slowly. Also, be sure to park your vehicle between the painted lines.

Street Parking

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue.

On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parked during cleaning hours. Always read the street signs in Chicago!

Student I.D. Cards to be Worn at all Times

The I.D. card is used to identify students on ICO and III campuses and is used to check out equipment or books at ICO. Photo Identification Cards are issued to all students. Your I.D. number remains the same throughout your professional schooling at ICO. Photo identification cards are issued to all students and must be prominently displayed at all times while on college property. The front desk staff will check to make sure all students and staff are wearing their I.D. badges when they enter the building. If a student is not wearing a badge and does not stop at the front desk, Security will be notified.

Patients and those with them will be issued dated visitor tags. Each student should make it his/her responsibility to assist anyone seen in the halls without a badge. Either have them identify themselves, remind them to put on their badge if recognized, or notify Security immediately. For students, staff and faculty, a temporary badge will be issued from Security if the badge is forgotten.

If you lose your I.D. card, please notify the Security Office immediately. A temporary I.D. will be issued. The I.D. card replacement fee is \$25. An application to purchase a spouse I.D. card may be obtained from the Student Affairs Office. The fee is \$5.00 to be paid at the ICO Cashier. The application and receipt needs to be submitted to the OneCard Office, Room 1013, in Brady Hall.

Lockers – Important Information

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Thursday, August 21**th. After this date, the locker will become available for commuting first year students.

If you are a **student off-campus on externship** and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield. Kathy can be reached at 312-949-7401 kbrownfi@ico.edu. Please contact her by **Thursday, August 30**th with your locker number or the locker will be made available to another student. Brand new lockers will be available on the new 3rd Floor in October.

Master Calendar

The Student Affairs Office

Caintains a campus wide

master calendar. To prevent
scheduling conflicts and to
keep the campus community
informed of activities, it is necessary that all
campus activities (whether they are held on or
off campus) are listed on the master calendar.

Please contact x7401 fourteen (14) days in
advance of any activity planned for the
College community.

Computer Support Procedures

Ahmed Mohammad

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a

problem.

1. Phone Request:

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call

2. System Support Email:

will be paged.

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The remail should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Here are the most commonly used public groups in Novell GroupWise address book.

Group name Group Members

Everyone ICO faculties and staff only

Allstudents All ICO students

09students All students graduating year 2009

10students All students graduating year 2010

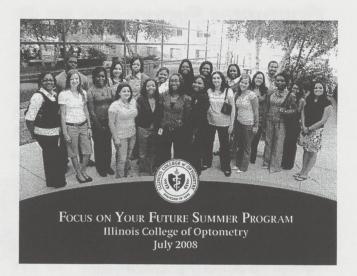
11students All students graduating year 2011

12students All students graduating year 2012

Faculty ICO faculty

Facilities ICO facility

IS Helpdesk Support



Focus on Your Future

The Focus on Your Future Summer Program was a huge success! We had twenty students from around the United States participate in our weeklong program to learn more about optometry and ICO. The program was made possible in part by a grant from the Association of Schools and Colleges of Optometry.

The weeklong program was filled with seminars on a variety of topics, such as:
Admissions 101
Importance of Diversity in Optometry
Professionalism as a Student and Practitioner
New Technology in the Profession
Study Skills/Time Management
Financial Matters
OAT Test Prep

Participants also had the opportunity to interact with ICO staff, faculty, students, and alumni throughout the week. From the Welcome Reception to the ICO Student Panel, participants heard the many different routes that our alumni and current students took on their journey to optometry.

Alumni Weekend September 5-7, 2008

All alumni, students, faculty, and staff are invited to attend Alumni Weekend, September 2008. (See registration information below.)

Highlights of the weekend include: Friday, September 5th

Class Reunion and Alumni Awards Reception, Banquet and Hospitality Suite at the InterContinental Chicago hotel.

Saturday, September 6th
These events will be held on campus and are FREE for students.

Smart Business Program, 1:30 – 4:00 p.m. Features the lecture "The Bill and Thrills in Life as a New Graduate" presented by Bob Steinmetz, OD, '03, followed by a panel of recent graduates sharing their experiences since graduating.

Student/Alumni Reception with Exhibitors, 4:00 – 6:00 p.m., features vendor booths, appetizers, beverages, and raffle prizes.

Salsa Night!, 6:00 - 8:00 p.m., features a Southwestern/South American buffet, Margarita and Mojito Cantina, and salsa dancers. (Limited number of seas available.)

Sunday, September 7th

Four Hours of Continuing Education (non-tested) on campus, 8:00 a.m. - 12:00 p.m.

Topics and Presenters:

Update on Instrumentation Utilized for the Diagnosis and Treatment of Glaucoma Thomas Landgraf, OD '88, FAAO To BV or Not to BV: VT in the Primary Care Office Dominick Maino, OD '78, MEd, FAAO, FCOVD-A.

CE is FREE for students and faculty.

To Register:

Please complete a registration form and return it to Connie Scavuzzo in the Alumni Office (2nd Floor, across from Student Affairs Suite) by August 29th. Look for Registration forms sent via email, distributed in classes

and mailboxes, and at a table outside the Lecture Center.

For More Information:

Please contact Connie at cscavuzzo@ico.edu or call 312-949-7080.

Temporary student work study positions available, too!

Matthews ICO Bookstore Hours

Monday - Friday 9:00 am - 5:00 pm

Bulletin Boards

Interested in posting a notice on the appropriate bulletin board?
Interested in locating an item or event of interest? Use the following index for locations containing bulletin boards designated for a particular use:

AOA-PAC - outside the Bookstore

Campus event calendar - glass case outside Room 1200 (see Kathy in Student Affairs to get events posted)

Class Schedules - column outside the Student Affairs Office

Financial Aid - outside the Financial Aid Office

1st year academic related information outside Room 1200

For sale items - above mailboxes

Housing (off campus) - President's Circle Lounge/Mailroom or in a binder in the Student Affairs Office

Jobs - column outside the Student Affairs Office (off campus), Pinancial Aid Office (work-study)

Note Service - south wall at library entrance
Part-time student job opportunities
column outside the Student Affairs Office

Registrar's information - column outside the Student Affairs Office

Regident information - RC entrance

Student Association news, etc.

President's Circle Lounge

Schedules and Quarterly Dean's List -

column outside the Student Affairs Office

2nd year class - outside Room 1201

Social activities - mailbox area, President's Circle Lounge and class bulletin boards

Special events board - outside mailbox area and President's Circle Lounge

SVOSH - outside the Bookstore

3rd year class - outside Room 1202 (upper west entrance)

Study Areas

There are several study areas located on campus designated for studying. Applicable locations and hours are given:

Library

Monday-Thursday 8 am to 12 am
Friday 8 am to 9 pm
Saturday 9 am to 9 pm
Sunday 10 am to 12 am

Brady Cafeteria

Monday - Sunday 7:00 am - 3:00 am

President's Circle Lounge (Mail Foyer)
Monday - Sunday 24 hours

Loscand Found

Che lost and found area is located in the Security Office on the second floor above the main entrance. Personal belongings and equipment should be covered by personal insurance policies of students or their parents (homeowners). Students are urged to permanently mark all equipment and personal belongings. The College is not responsible for the loss of personal property.

Student Organizations

All student organization leaders need to submit a list with box number, phone numbers and email address' of their newly elected officers for 2008-2009 to the Kathy Brownfield in the Student Affairs Office as soon as possible.

Intramurals

Welcome back everyone to another year of Intramurals! I sent out a survey a couple of

weeks ago, and I wanted to thank everyone for their overwhelming responses. With your feedback, I would try to make this year even better than the last. Keep on the look out check your emails, look for posters and signs – Intramural signups would be starting soon!

For the first years - congratulations and welcome to ICO! If you have any questions, comments anything, stop by my booth at the Who's Who Fair, send me an email at vchan@eyedoc.ico.edu, or stop by room 1071 in the RC!

Vick Chan, Class of 2010 Director of Intramural Sports

Work Study News

Deanna Polakowski

Just a few reminders regarding the work study program. If you are an incoming first year student or you have been here awhile and have never worked for ICO and you are looking for work this year you must fill out hiring paperwork - I-9, tax forms W-4 and IL and a Student Work Authorization. All of the forms can be found at theview.ico.edu. In order to access them, you must log in, and once in, there is a Work Study Program tab at the top of the page click on it. There you will find information and updates on the work study program and some jobs. Under Handouts you will find the all the necessary forms - government forms are interactive, however the ICO Student Work Study Authorization is a print only. Forms can also be obtained in the Human Resources Department (across from Student Affairs). When jobs are posted on the view the job descriptions will be posted under Work Study Position.

It is important to remember that you cannot begin work turtil your paperwork has been processed. Once you start work it is very vital to complete and turn in your time sheet within two business days of the close of the pay period. If you hold your time sheets so you can receive a larger pay check they will be

returned to you and you will need to make an appointment with Dr. Mark Colip, Vice President for Student Affairs to obtain his signature on the timesheet and to discuss why you didn't turn in your time sheets on time.

I would also like to remind the student population that even though you may have more than one work study position you cannot work more than a total of 15 hours per week when school is in session or 35 hours per week during breaks. It is your responsibility to keep track so you don't exceed the allowed hours.

If you haven't heard, the work study pay scale changed effective May 16, 2008 and is as follows:

Work Study Pay Scale

Hourly Rate	1 st & 2 nd Years	3 rd & 4 th Years
General	\$8.00	\$9.00
Optometry	\$11.00	\$12.00

Looking to the future: We are in the process of changing from paper timesheets to electronic through an online service. It is our hope to go live very soon. You will be notified prior to the change over. Any questions, feel there to contact me at ext 7043 or stop by the Human Resources Office.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian
Welcome to the Class of
2012 and welcome back
returning students!

The Library and its staff are here to help you. You will need your campus identification card in order to check out Library materials, including items on reserve. Library materials can be renewed online, if you obtain your Library user identification number and password from a library staff member. To find Library materials, you can click on LIBRARY from the TheView,

or go to the Library's website from on campus: http://icolibrary/library.htm. Library's off-campus website: http://library.ico.edu

VisionCite articles now have links to their full text versions. Click on **GET IT @ ICO** to see the online article. If it is available, click on FullText. Please contact me or another fulltime Library staff member if there are problems with the web links.

The Library provides links to other full-text articles, including those not found through VisionCite or PubMed, from our website under "Full Text Sources." Some of these journals require you to use a password. Passwords are available after you log into TheView or from the on campus library website.

The Library provides links from PubMed and FirstSearch that indicate whether ICO owns a particular article or book if you access PubMed and FirstSearch from the Library website. If the article is available online through ICO, you can click on the tag and see the online text directly.

Duane's Clinical Ophthalmology is online from the Library's website under "Full Text Sources." The online version will be the most up-to-date as they are no longer printing Duane's. Will's Eye Manual and the Ophthalmic Drug Facts are online as well

	Circulation Policies	Time	Verdue Fine
	Books (including	4 weeks	\$100/day
	fiction, audio	1/6	
	cassette tapes),	~ O,	
	Videocassettes, CD-	1 week	\$1.00/day
	ROMS, and DVDs		
	Journals and	24 hours	\$1.00/day
	magazines		
	Digital	24 hours	\$1.00/day
	camera/laptop		a DOBERSON
	computer/calculators		is a ballery
	Library study rooms	4 hours	
0	Reserve books and	3 hours	\$1.00/hour
.10	articles, slide tape		
	programs		

Fall Quarter Hours

Mon. -Thurs. 8 am to 12 am
Friday 8 am to 9 pm
Saturday 9 am to 9 pm
Sunday 10 am to 12 am

The Library does employ student workers, mostly for evening and weekend hours. Please contact Darlene Ward in the Library workroom if you would like to apply for a position.

Photocopiers/Printers/Scanners

Black and White Printing and Photocopying

with card: \$.08 (either floor)

Black and White Printing and Photocopying

with cash: \$.10 (2nd floor only)

Color Printing and Photocopying with card:

\$.40 (1st floor only)

The coin-op has been moved to the second floor copier. The coin-op accepts \$1 bills for making copies. This does **NOT** add value to your I-Dollar card.

The Library has put \$25 on the cards of first-third year students, and \$10 for fourth years in a copier/printer account for each student for the coming year. The color copier/printer's default is B&W but you should manually check the print preferences for each printing session. The preferences also allow you to have the pages automatically hole-punched or stapled. Any money left from the Library's card account will be deleted at the end of the school year. The library staff **STRONGLY** recommends that you use print preview before printing so that you know exactly what you will get for your money.

Both the 1st and 2nd floor photocopiers also can be used as scanners. Please ask Library staff for a lesson on how to scan text or images at no cost.

Good luck in the new school year! We look forward to seeing you in the Library!

Mainos Memos

This past May I had an opportunity to lecture at the Montana Optometric Association's Annual Meeting on the *Diagnosis and Management of Special Populations, To BV or Not to BV: VT in the Primary Care Office, and Working with Special Populations.* Even more exciting I had a chance to spend some time with Missoula, Mo. resident and 4th yr student Rachel Beatty and her family. She was kind enough to show me around her part of the country! Thanks to Rachel and all students who go above and beyond for another ICOer!

Latest Evidenced Based Research:

Vision therapy for oculomotor dysfunctions in acquired brain injury: a retrospective analysis by Ciuffreda KJ, Rutner D, Kapoor N, Suchoff IB, Craig S, Han ME. in Optometry. 2008 Jan;79(1):18-22.

The conclusion of this paper noted that nearly all patients in the sample exhibited either complete or marked reduction in their oculomotor-based symptoms and improvement in related clinical signs. Symptom reduction and sign improvements were maintained at the 2 to 3 month follow-up as well. These findings show the efficacy of optometric vision therapy for a range of oculomotor abnormalities in the mild braininjured adult population. It demonstrates substantial neural plasticity despite the presence of documented brain damage, [The bottom line is that we are never too old to improve or change for the better! Neuroplasticity allows us to recover, remediate and enhance the lives of all our patients.]

For this and other information on the latest eye and vision care research, go to http://Mainos/vieroos.blogspot.com.

CLASSIFIEDS

Attention 3rd and 4th year students: Histology Lab TAs needed

The lab schedule for the Fall 2008 Quarter is: Tuesdays 9:00-10:50 and 11:00-12:50 Wednesdays 9:00-10:50 and 11:00-12:50 Thursdays 9:00-10:50 and 11:00-12:50

If you are interested (please!!!) contact Dr. Bakkum ASAP!!!, Brady 2020

Extension: 7267

Email: bbakkum@ico.edu

Workstudy

The Biomed Department is looking for a Equipment Repair Assistant student worker. The position has open hours and is available year round. Call ext 7190 for details.

Workstudy Needed

Dr. Castells is tooking for a work study student for Introduction to Optometric Procedures (CLE 161.1). Primary responsibilities will include reviewing and logging assignments and some administrative tasks. Applicants should have done well in the course, be able to work independently, and meet weekly deadlines. Please contact Dr. Castells at 312-949-7247 or DCastells@ICO.edu. Thank you.

Workstudy

Work-Study Assistants needed for research projects involving reading, eye-movements and binocular vision. Dr. D. Schlange at X7284 or dschlang@ico.edu

Advanced Care work-study.

Duties include, entering patient data, running files to suite, assisting patients, assisting with DTU testing. Hours are 9:00 - 4:00 Monday-Friday.

Please contact Becky Tudor @7222 in Advanced care.

Fall Work-Study Openings in the Fitness Center

The Fitness Center is currently looking for enthusiastic dance or fitness leaders. Areas of employment include leading group exercise classes; organizing cycling, walking and/or running groups; front desk for the Fitness Center. Please email a letter outlining your qualifications to srichards@ico.edu or call 312-949-7460 for immediate consideration.

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

RESIDENCIES

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
AAO Travel Fellowships	 3rd or 4th Year planning on attending the Academy Preference to students who are presenting a poster or paper, residency, career in research, or involved in student organizations. 	Travel costs	August 22, 2008 to Dr. Mary Flynn Roberts
A. H. Basman, O.D. Scholarship Manitoba Association of Optometrists	 Manitoba Resident 3.5 GPA or 75 percent Community participation 	\$1,000	September 11, 2008 To MAO
Hispanocare® 2008 Student Scholarship	 3.0 GPA Latino descent Healthcare Field 	\$1,500 to 5,000	October 10, 2008
Dr. Stanley Pearle Vision Scholarship Fund	• Graduating class of 2010, 2011, and 2012	(10) \$2,000	April 15, 2009

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

Welcome to the Illinois College of Optometry. My name is Shirmel Richards and oversee the day-to-day operations of the fitness center while providing a variety of fitness related programs and services. Here is a brief description of some of the services offered through the Fitness Center.

Massage Therapy

On campus seated massage is available by a nationally certified massage therapist in time increments from 10-60 minutes with prices starting at just \$10! Sessions are available on Tuesdays by appointment. To schedule a session or learn more, contact Shirmel Richards at srichards@ico.edu.

Personal Trainers

Discover the benefits of working with a personal trainer. From designing a customized workout plan to providing ongoing motivation and support, personal trainers are dedicated to helping you achieve your specific fitness goals.

Exercise Classes and Fitness Groups

Looking for a little variety or a competitive challenge in your workout? Then check out our group exercise classes and fitness groups. The Fitness Center offers everything from Pilates and Indoor Cycling to running groups. Log on to the View for the most up-to-date schedule.

Misc. Fitness Services

Other services available include fitness assessments (body fat analysis, cardiovascular endurance, flexibility, core strength, muscular strength and endurance, balance); general fitness consultation; and equipment orientation. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available.

As a certified Personal Trainer and Fitness Instructor, I look forward to partnering with you to achieve your individual fitness and health goals, both physically and mentally.

In good health,

Shirmel Richards

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Focal Point

CAMPUSNEWS

Alumni Weekend

September 5-7, 2008

All alumni, students, faculty, and staff are invited to attend Alumni Weekend, September 5-7, 2008. Please register by August 29th.

Highlights of the weekend include:

Friday, September 5th

Class Reunion and Alumni Awards Reception, Banquet and Hospitality Suite at the InterContinental Chicago hotel.

Saturday, September 6th

These events will be held on campus.

Smart Business Program, 1:30 – 4:00 p.m.

Features the lecture "The Bills and Thrills in Life as a New Graduate" presented by Robert Steinmetz, OD '03, followed by a panel of recent graduates sharped their experiences since graduating. *There will be a special raffle drawing of Gree \$100 Visa gift cards for attendees.*

Student Alumni Reception with Exhibitors, 4:00 – 6:00 p.m.

Features vendor booths, appetizers, beverages, and raffle prizes.

Salsa Night!, 6:00 - 8:00 p.m.

Features a Southwestern/South American dinner buffet, Margarita and Mojito Cantina, and salsa dancers. (Limited number of seats available.)

Sunday, September 7th

Four Hours of Continuing Education

(non-tested) on campus, 8:00 a.m. 2:00 p.m.

Topics

Vipidate on Instrumentation
Utilized for the Diagnosis and
Treatment of Glaucoma
presented by Thomas
Landgraf, OD '88, FAAO

To BV or Not to BV: VT in the Primary Care Office presented by Dominick Maino, OD '78, MEd, FAAO, FCOVD-A

To Register:

Ron Shields, In the

Please complete a registration form and return it to Connie Scavuzzo in the Alumni Office (2nd Floor, across from Student Affairs Suite) by August 29th. Look for Registration forms sent via email, distributed in classes and mailboxes, and at a table outside the Lecture Center.

For More Information:

Please contact Connie at cscavuzzo@ico.edu or call 312-949-7080.

"There's a time each year

That we always hold dear, Good old summer time:

And sweet scented breezes,

Good old summer time,

No trouble annoying

Each one is enjoying,

Good Old Summertime

- Lyrics by

When your day's work is

With the birds and the trees'es

Then you are in clover And life is one beautiful thyme,

The good old summer time."

2008 Alumni Association Award Recipients

The ICO Alumni Council has following selected the individuals to be recipients of the 2008 Alumni Association Awards. The awards will be presented during the Class Reunion/Alumni Awards Banquet held on Friday, September 5th, at the InterContinental Chicago. Please join us in extending congratulations to these worthy honorees!

Alumna of the Year Award Charlotte F. Nielsen, OD '92

Alumnus of the Year Award Charles B. Brownlow, OD '71, FAAO

Distinguished Alumnus Award Thomas A. Lawless, OD '71

Distinguished Friend Award Esther Golar Illinois State Representative

Professional Achievement Award Janice E. Scharre, OD '76, MA, FAAO

Excellence in Education Award - Faculty

James A. McKechnie, Jr.
Executive Director, Illinois Society
for the Prevention of Blindness

Lifetime Service Award
Irvin M. Bonish, OD NICO '54 Morton W. Silverman, DD NICO '50, FAAO

Student Association News

The Student Association would like to thank all of you for coming out to the Club Blindspot and the ICOlympics this past weekend. A really big thank you goes out to all the club officers who attended, the SA board, and facilities for their hard work! We'd also like to thank Wal-Mart for their sponsorship & Matthews Bookstore for their kind donations to the raffle. Attendance at both events was great! We hope all of you had a great time meeting your fellow colleagues as well as getting to know more about the numerous organizations on campus.

ICOlympics -

Congratulations to the Class of 2011, the winners of this years ICOlympics! Way to go Class of 2012 for putting up such a huge fight! All of you were such great competitors!

Golf Outing - September 14, 2008 @ 1:00pm Get ready to show of those golf skills or just have a fun with friends afternoon because it is time for the Golf Outing! This wear it is located at the Indian Boundary Golf Club September 14th at 1:00 pm. The golf tournament is an 18 hole, 4 person team scramble including food, cart and many



wonderful prizes! Also remember to show off those creative costumes because the best dressed team will win tickets to Boo Bash this October!! The golf outing has been a fun event to enjoy that last warm weather of the summer and friendly competition with your colleagues. Hope to see you there this year! Any questions, please contact SA Treasurer, Christina Estrada.

Equipment Fair -

It is tradition that the Student Association plans an equipment fair to give the 1st & 2nd year students a chance to get advice and handle the equipment they'll be purchasing for the year beforehand. More info will be coming soon...

Student Association Community Service

American Cancer Society

Join the ICO team in Making Strides for Breast Cancer!

The lakeside walk is beautiful and for a great cause.

October 19, 2008 Lawrence and Lakefront

Red Cross Blood Drive coming soon!

Start eating foods high in Iron now!

Jennifer Durst

Student Association Community Service

Director



Soft Toric Contact Lens Workshop

The Contact Lens Society will be having its annual soft toric contact lens workshop on Sunday, October 5, 2008 from 10:00am to 1:30pm. If you

are interested in fitting soft toric contact lenses, please contact Dr. Jennifer Harthan at 312-949-7131 or at jharthan@ico.edu to sign up. Lunch will be provided for all Sudent clinicians. If you know of a family member, friend, or patient who might be interested in participating in this workshop please have them contact Dr. Jennifer Harthan at 312-949-7137 or have them sign up in the cornea department. Patients who participate in this workshop will need to arrive by 10:30am and will receive \$50 for their time.

Save the Date
Soft Multifocal Contact Lens Workshop
Sunday, November 16, 2008

FCO

On behalf of the Fellowship of Christian Optometrists (FCO), I would like to invite you to our weekly Bible study on Thursdays at 6:30 PM in the Low Vision reception room. You are welcome to join us! Here is what September holds for FCO:

Studies:

September 4: The Names of Jesus September 11, 18 and 25: The book of Mark

Events:

September 14, 7:00-8:30 AM: Senior Breakfast at LaSalle St. Church
September 19, 6:00-8:30 PM: Movie Night in 1200 – Amazing Grace
September 24, 7:30-8:00 AM: Prayer – See You at the Pole (ICO front flag pole)
September 29, Haiti mission info meeting (Time and place TBA)
Kevin Harris #542
FCO President

Medfest 2008

Volunteers needed for Special Olympics Vision Screening at the United Center. The Special Olympics Lions Club International Opening Eyes Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening.

I am looking for ODs, students, and staff to help at Medfest 2008. We are providing vision screenings at the United Center on September 18th, 8:00am-2:00pm. Any help would be greatly appreciated. If interested let me know by Sept 11st. I can be contacted by emailing me at <a href="mailto:msisses-msiss

Thanks,

Melissa Sigler, OD

Tech Tips

Ahmed Mohammad

Network. Intranet, wireless, Portal and Email Access at ICO

Network Login for Entering

Class - (Gaining access to ICO network via any allowable* campus computers)

- ▶ Login is your ICO ID# (5 or 6 digit number given to you in the application process)
- ▶ The default password will be "lcoopt1" case sensitive and without the quotes

ICO Portal - "The View"

- Click from intranet or http://theview.ico.edu
- ▶ Login name is the same as your network login (above)
- ▶ Login password is 7 characters:
 - o First 3 numbers of your SS/SI number
 - o 2 digits for your birth month (ie 01 for January, 10 for October)
 - o 2 digits for your birth year (ie 81 for people born in 1981)
- Users may elect to customize their page by accessing the "personal" tab and clicking on the "customize this page" link (far right side)

Student Email

- ▶ Goto http://eyedoc.ico.edu
- You will be prompted to enter your "user, name" - this is your first initial and up to 11 letters of last name (no punctuation...i.e. Patricia O'Leary will be POLeary). Note that some common names will include middle initials. This is your ICO email address POLeary@eyedoc.ico.edu.
- You will be prompted for your default password
 - First 3 numbers of your SS/SI number
- your birth month (ie 01 for october)

 O Wigits for your birth year (ie 81 for people born in 1981) 2 digits for your birth month (ie 01 for

Wireless Network

- Open Internet Explorer
- Internet Explorer will be redirected to a Certificate Error page, select "Continue to this website (not recommended)".
- IE will redirect to a wireless authentication page, enter username and password (network computer logon) select
- * "allowable campus computers" refers to those computers on campus that reside within the ICO firewall and includes those in all three LRC computer laboratories and in the RC computer lab center.

Questions or requests for assistance should be directed to the Information Desk bv Systems Support extension 7500 from any campus phone.

Campus Security Report

The Campus Security Report is now available in http://theview.ico.edu. in the RC/Reference section and on http://theview.ico.edu under Student Affairs/Reference Materials.

Student Guide

con can view a copy of the 2008 Student on http://theview.ico.edu. Hard copies are available in the Student Affairs Office, library and mailroom. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

Master Calendar

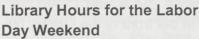


The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflicts and to keep the campus community

informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in advance of any activity planned for the College community.

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian



Friday, Aug. 29 8:00 am-5:00 pm Sat. Aug. 30-Mon. Sep 1 CLOSED Tuesday, Sep. 2 Resume normal hours

Reserve books may be checked out for the entire weekend three hours before closing beginning at 2:00 pm on Friday, August 29. Reserves will be due on Tuesday, September 2 at 9:00 am.

Poster

The current poster on display in the library lobby is by Dr. J. McMahon and Ms. T. Bedgood entitled: Student Perceptions of the Ophthalmic Optics Laboratory and Eyewear Center Dispensing Rotation at the Illinois College Optometry". Stop by the library and read about work done by the authors.

Visioncite

The Library has created a unique database in our online catalog called VisionCite. For over twenty years, the library staff has entered the article information and subject headings on all the eye-related articles that are in the Library's magazines and journals. There are now over 247,000 citations in VisionCite on all aspects of vision, eye disease and care, visual problems and related areas. You can now get the full text article right from the VisionCite reference by Clicking the Get IT ICO button.

When you seach Link (our online catalog) at our on campus website at http://icolibrary/library.htm, you can see both our books and all these VisionCite article citations. Books have a call number like in the first entry; the second is a VisionCite article.

1 Details

RC280 .E9 075 2004

2005

Orbital tumors : diagnosis and treatment

Karcioglu, Zeynel A. New York : Springer, c2005.

1 copy available at Shepard Library--Illinois College of Optometry in STACKS

#2

Details

VISIONCITE ARTICLE

2005

Ohtsuka K

A review of 244 orbital tumors in Japanese patients during a 21-year period: origins and locations / Kenji Ohtsuka.

Jpn J Ophthalmol Japanese Journal of Ophthalmology 0021-5155 2005 Jan; 49(1): 49-55.

1 copy available at VisionCite Database in PERIODICAL

VisionCite does overlap with PubMed, but PubMed does NOT cover many optometry journals or journals relating to contact lenses or practice management. For most topics, it is important to search both VisionCite AND PubMed in order to find all of the needed articles.

VisionCite has another advantage—all the articles listed are available in the ICO library in paper and sometimes also online. From our campus website, click on Full Text Sources to see which ones can be accessed also via the Internet or click on the Get It at ICO icon found on each VisionCite record.

VisionCite is available off campus as well at http://library.ico.edu but requires a password to search the database. Please contact a library staff member for a VisionCite lesson or to obtain your off-campus VisionCite user id and pin. (The user ID and PIN are also useful for renewing books from home.)

Photocopier/Printer

The Library's first floor copier (Ricoh-Color) can do color printing or color photocopying for 40 cents. Black and white printing AND copying cost 8 cents. If you do want to do

color printing, please change the print properties before you send the job to the printer. Click on the PROPERTIES box by the printer name, and then at the bottom, change the setting from "Black and White" to "Color."

It also is possible to instruct the Ricoh-Color and the 2nd Floor printers to automatically hole punch, print on double sides (duplex), or staple your print jobs from the PROPERTIES box options of your pc.

When using the Ricoh machines as photocopiers, change the settings on the keypad of the photocopier/printer. The Ricoh color can also do color photocopies for 40 cents, and both can be set on the keypad for double side, multiple pages on one page, hole punch, staple, and other options.

The Ricoh printer/copiers can also be used as scanners without charge.

Choose Global scan.

Type in User Name and Password (the same user id and PIN used for logging on to Library computers)

Press Login..

Type in the desired email address under Manual, or click on search and type in the first three letters of the desired last name, to bring up ICO email addresses.

Press Scan Settings, and then File Format to designate PDF, Word, or TIF formats.

Scan the desired item by pressing Start.

Press # when done with the item, and the press Logout when finished.

PLEASE CONTACT A LIBRARY STAFF
MEMBER IF YOU NEED A PERSONAL
LESSON!

Item Return

Please place returned library materials into the slot on the first floor circulation desk. If the item is too big or fragile, please hand the checked-out item to a staff member directly.

AV Equipment

Students may borrow laptops, camcorders, digital cameras, and other electronic

equipment from the second floor media desk. AV equipment can be borrowed for 24 hours unless special permission is obtained.

CD-ROMS and **DVDs**

Some of the Library's DVDs and CD-ROMs are being shelved in the front of the Library by the entrance in kiosks, or at the first and second floor circulation desks. All may be checked out for one week at a time. The Library recent acquired new fitness DVDs including New Body Pilates, Crunch! Supercharged Kickbox Party, Yoga for Stress, and Cardio HipHop Workout among others.

Electronic Books

The Library offers a wide range of e-books from our website under "More Full Text Sources." Duane's is a comprehensive reference on all aspects of the eye and eye disease, including how it is affected by sickle cell or atherosclerosis. For pharmaceutical information, for instance, we provide the *Daily*

Med: FDA approved package inserts and Ophthalmic Daug Facts. (The PDR now is only specifically paper format.)

available in paper format.)

Asinos Memos

work in an environment (pediatrics/special populations) where it is easy to pass along what ever germ de jour is currently in vogue to only myself, but my colleagues, students and patients as well. I know we try our best to have everyone wash their hands frequently as a mechanism contamination. But too many of us forget to do so. A study (Why don't doctors wash their hands? A correlational study of thinking styles and hand hygiene in American Journal of Infection Control) recently noted that overall mean compliance rate for hand washing was a meager 7.6% and that hand hygiene was more experiential than rational. This means you need to habituate the response. Make washing your hands a normal part of your routine with every patient so it just becomes a habit. (A good habit!)

I have said this often....but will say it one more time: Amblyopia can be treated at any age. A recent article, A pilot study of anisometropic amblyopia improved in adults and children by perceptual learning: an alternative treatment to patching by Po-Liang Chen et al in Ophthalmic and Physiological Optics, Volume 28, Number 5, September 2008, pp. 422-428(7) concluded that: "Visual acuity can be improved with perceptual learning and patching in older children and adult patients amblyopia. anisometropic improvements in visual acuity achieved with patching were one line better than those achieved with perceptual learning. Perceptual learning might provide an alternative treatment in patients with anisometropic amblyopia." If you have an adult patient in the IEI that is an amblyope, please refer to Peds/BV for a comprehensive binocular vision work up today! With all the treatment options we now have available, it is a disservice to your patient not to do so.

For additional info and other tidbits of fascinating "stuff", please logon to http://www.MainosMemos.blogspto.com

CLASSIFIED

Workstudy Needed

- confirming calls for the next day
- making appointments for patents
- answering phones,
- checking patients in and out
- filing
- helping patients if needed

We need work etadies on the days as follows:

Monday morning 9 am to 1 pm

Nonday afternoon 1 pm to-5 pm

Tuesday morning 9 am to 1 pm

Tuesday afternoon 1 pm to 5 pm

Wednesday morning 9 am to 1 pm

Wednesday afternoon 1 pm to 5 pm

- Thursday afternoon 1 pm to 5 pm
- Friday mornings 9 am to 1 pm

If you have any further questions, Olga can be reached at 312-949-7220 or you can also speak to Tara at the same number.

Looking for Fall work study??

Suite Technician -

Mon 8:45 - 12:00 Suite 2 Wed 8:45 - 12:00 Suite 1 Thu 8:45 - 12:00 Suite 1 Fri 8:45 - 12:00 Suite 1

Confirming & Rescheduling Clerk -Mon or Fri - any 3 hour time block

Front Desk Assistant -

Mon 9-11 am or 4-6 pm Tue 9-11 am Wed 9-11 am

Workstudy

The Biomed Department is looking for a Equipment Repair Assistant student worker. The position has open hours and is available year round. Call ext 7190 for details.

Fall Work-Study Openings in the Fitness Center

The Fitness Center is currently looking for enthusiastic dance or fitness leaders. Areas of employment include leading group exercise classes; organizing cycling, walking and/or running groups; front desk for the Fitness Center. Please email a letter outlining your qualifications to srichards@ico.edu or call 312-949-7460 for immediate consideration.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
AAO Travel Fellowships	 3rd or 4th Year planning on attending the Academy Preference to students who are presenting a poster or paper, residency, career in research, or involved in student organizations. 	Travel costs	August 22, 2008 to Dr. Mary Flynn Roberts
A. H. Basman, O.D. Scholarship Manitoba Association of Optometrists	 Manitoba Resident 3.5 GPA or 75 percent Community participation 	\$1,000	September 11, 2008 To MAO
Hispanocare® 2008 Student Scholarship	3.0 GPALatino descentHealthcare Field	\$1,500 to 5,000	October 10, 2008
Dr. Stanley Pearle Vision Scholarship Fund	• Graduating class of 2010, 2011, and 2012	(10) \$2,000	April 15, 2009

The Student Affairs Office has more information, so stop by and check it sut

FITNESS CORNER

Exercise Groups & Classes:

Fitness classes are underway. The only thing missing is you! Come out and try Wednesday's walking group from 1-2pm or Bellydancing from 6-7pm.

Fitness groups meet in the FC while all classes meet in the gym. Class equipment such as mats, bands, boxing mitts, etc. are provided. All you heed to bring is a towel, a bottle of water, and your enthusiasm :-) bottle of water or Powerade/Gatorade is required for all Indoor Cycling classes - no exceptions.

For the current group exercise schedule, please log on to the View http://theview.ico.edu/ics/Fitness.

Please note: The schedule is subject to change due to new instructors, illness,

ym closings, low numbers, etc. Classes with less than 2 people will be canceled.

Massage Therapy

Appointments are available for on campus seated massage. Our nationally certified Massage Therapist offers seated massage in time increments from 10-60 minutes with prices starting at just \$10! Sessions are available on Tuesdays by appointment only. To schedule a session or learn more, contact Shirmel Richards at srichards@ico.edu.

August Health & Wellness Tip

Generally, men and women add about 10 pounds of body weight every decade during the midlife years. About 40 percent of American adults are presently following restricted-calorie diets. Unfortunately, dieting without exercise does not have a

very high record of success. First, only 50 percent of those who begin dieting complete the program. Second, of those individuals who do lose weight, more than 90 percent regain it within one year. Make an appointment with one of ICO's personal trainers or join a fitness group and beat the odds.

Aditized by Hinois College of Optometry Library

Digitized by Illinois College of Optometry Library

ICO Student Newsletter - Editor: Kathy Brownfield x7401 - September 5, 2008



Focal Point

CAMPUSNEWS

SA News Golf Outing Change

The golf outing will no longer be held on Sept. 14th do to unforeseen circumstances.

Miniature Golf Outing

We hope that you are all ready for the first ever Miniature Golf Outing the weekend of Oct 3rd! If you brought your clubs back over break, no worries there will be a driving range nearby for

you to show off some skills. We hope to see everyone out for a wonderful weekend of fun.

Boo Bash will be held on Saturday, October 18th. Save the date!!! More details to come.

Student Association Community Service

American Cancer Society
Join the ICO team in Waking Strides for Breast Cancer on October 19, 2008. The lakeside walk is beautiful and for a great cause. The event will be at Lawrence and the Lakefront. Pink Ribbon T-shirts are on sale outside 1200 at unchtime until Sept 17th!

Come buy a shirt to support cancer patients and research development!



Effort, and

Play.

Trying your best

Each hour of the day,

Making new friends,

Being good as you can

Exciting discoveries,

Reading books with a friend."

- Boni Fulgham

Red Cross Blood Drive

Get ready for the ICO Red Cross Blood Drive on Monday, September 22, from 9:30 am -2:00 pm in the Gym.

Start eating foods high in iron now! We must beat our previous donation counts!

Greater Chicago Food

the conscience when someone on the street asks us for money in order

to be food. Is the money really for food? Should I give them money? It is not as though we don't care, we just are not sure what the best response is. If you are looking to respond with a measure of compassion and practicality, St. James and ICO invite you to share in the ministry and mission of its food pantry on Saturday, Sept. 13th from 8:00 am - 12:30 pm. Lunch provided afterwards!

For more information contact Jennifer Durst, jdurst@eyecare.ico.edu.

Tech Tips

Ahmed Mohammad

ICO Phone and Voice Messaging:

Express Messaging (allows you to send a message without having to call the person)

- 1. Dial the Express Messaging number, 7576.
- 2. Enter the mailbox number (phone

The next Focal Point will come out September 12, 2008.

- extension) of the person you are calling followed by #.
- 3. After the prompt and tone, record your message.
- 4. Press release to disconnect or hang up.

Log On/Access Your Mailbox

- 1. Dial the CallPilot number, 7575.
- 2. Dial your mailbox number followed by #. (mailbox number is same as your extension #) or if at your phone simply press #.
- 3. Dial your password followed by #. Your temporary password is 55xxxx (xxxx = your extension #), which you will be forced to change on when you log in for the first time. Your password must be 5 digits. ** The Password can't be a trivial password (i.e. 12345, 22222, 45678,

NOTE: To log on from outside the campus: dial 312-949-7575, and enter the above information. After 9 invalid log in attempts your mailbox will be disabled and the system will tell you to contact the system administrator.

Forwarding Messages

- 1. After listening to a message, press 73 to forward.
- 2. Enter the mailbox number or distribution list to which you want to forward the message, then enter #. Repeat this for any other mailboxes or distribution lists. End by pressing #.
- 3. To record an introduction, press 5, wait for the tone, then speak. End the recording by pressing #.
- 4. To send the message, press 79

Temporary Absence Greeting (MG)

The TAG greeting allows you to record and schedule a temporary greeting to be heard while you are out of the office. This greeting provides a special alert if callers try to bypass verts to your normal grant.

1. Access your mailbox.

2. Press 82. it. The greeting can be scheduled to end at a specific data and time (the system then reverts to your normal greeting).

- 3. Press 3, for the Temporary greeting.
- 4. Press 5, after the tone record your temporary greeting, press #, when completed.
- 5. Press 76, to delete and re-recorded the message.
- 6. Press 9, to set the expiry (expiration) date/time and follow the prompts. If you do not set an expiry date, you will have to delete the temporary greeting.
- 7. Press 2, to review the greeting.

Directory Web Page: http://twp.ico.edu

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

New Poster in Library

Lobby

This week's poster is a joint work from ICO and Rush University. "Ornamic Changes of the Axial Length of the Crystalline Lens during Accommodation" by LA Jison, SA Dokken, Drs. A McCann and R Zoltoski from ICO and JR Kuszak from Rush.

PubMed

PubMed indexes all of the medical literature and is produced by the National Library of Medicine. It does not cover all the optometric and contact lens journals, however, since PubMed emphasizes disease rather than refraction, fitting or management issues. For complete coverage, it is important to search ICO's VisionCite article index (in our catalog, iLink) and PubMed.

Full Text Articles

If you link to PubMed through the Library's website, you can get full text articles by clicking on the "GET IT AT ICO" icon. If a needed article or book is not available in our Library, there is a link from "GET IT AT ICO" that will allow you to make a document delivery (interlibrary loan) request. We will obtain the item for you from another library.

Please contact a librarian if you need assistance researching either PubMed or the Library's catalog, iLink and VisionCite.

Library Renewals

You may renew your own materials if you sign on to the Library website at

http://icolibrary/library.htm on campus or off campus at http://library.ico.edu and click on iLink, and My Account. You also can find the Library's iLink catalog from the library links from TheView. You will need your user ID and PIN, which can be obtained by emailing us at cshepard@ico.edu or by talking to any fulltime library staff member. You can renew library materials by telephoning the Library at 312-949-7158. If your library item is needed by another patron or for reserves, you will not be able to renew that particular item and must return it to the Library.

Booking Rooms and Equipment Via iLink

You can now book rooms through our online catalog, iLink. First search for the title word "room" in our online catalog and use the drop down Library box to chose "Shepard Library." Click on the room that you want to book. Scroll down to the bottom of the screen. Click on "Study room" (there are four to chose from once that is chosen) or "LRC conference room." Once one of these records is displayed, click on Booking on the toolbar at the top. The screen will display all the time periods that the room is not available i.e. has already been booked. Enter your user id and then scroll to the bottom of the coleen and click on "Set Booking Date Time" Use the calendar/time gadget to set the start and time for the booking. The computer will not permit time periods of greater than four hours or when the Library is not open. Click on Book Item.

If you will require more than four hours for an official function or need special equipment, please contact a library staff member and we can book the room for you and arrange equipment delivery.

Scanners

The Library has two HP scanners connected to computers in the first floor library computer laboratory. OCR (optical character recognition) software is installed as well. Omnipage 15 allows you to scan a document into Word so that you can edit the text. This is very helpful when you have a print of a document but have lost the actual file. The scanners can also be used for scanning images within copyright limits.

It also is possible to scan documents using the two Ricoh photocopier/printers and then email the scanned document as a Word, Excel, or PDF file. Please ask the fulltime staff for assistance if you are unsure on how to use the scanners.

Internet Laptop Access

If you do not have a wireless network card for your laptop, each carrel in the library is equipped with an orange or black network jack (RJ45). The second floor Media Circulation desk has network cables that you may borrow for a day.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for August include:

Successful Grant Writing: Strategies for Health and Human Service Professionals, Gitlin and Lyons, 2008. HV41.2 .G58 2008

Medical Spanish Made Incredibly Easy, 2009. PC4120.M3 M35 2009

Medical Spanish for Health Care Professionals, Ron Scott, 2008. PC4120.M3 S37 2008

How to Design and Report Experiments, Field and Hole, 2003.QA279.F55 2003

Practical Guide to the Evaluation of Clinical Competence, Holmboe and Hawkins, 2008. R837.A2 P73 2008

Successful Scientific Writing, Matthews, 2008.

R119.M28 2008

Uveitis in Children. International
Ophthalmology, 2008. RE1.I7 v.48 no.3
Sum 2008

Fluorescein Angiography in Ophthalmology, Dithmar and Holz, 2008. RE79.A5 D58 2008

Practical Manual of Intraocular Inflammation, Dick, Okada and Forrester, Informa, 2008. RE96.D55 2008

Ophthalmic Imaging, Wolffsohn, 2008. RE79 .142 O74 2008

Advanced in Understanding Mechanisms and Treatment of Infantile Forms of Nystagmus, edited by Leigh and Devereaux, 2008. RE748 .A38 2008 Mechanisms of the Glaucomas, Edited by Tombran-Tink, Barnstable and Shields, 2008. RE871 .M342 2008

Mainos Memos

Dominick M. Maino, OD, MEd, FAAO, FCOVD-A In a recent article, the Ohio State faculty members, Drs. Kulp and Earley, have noted that since visual perceptual (VP) ability has been found to be related to academic achievement, the screening of perceptual skills in children should be conducted frequently. Unfortunately, all too often the time required to administer/score VP evaluations may make them hard to use as a screening test. The VMI Supplemental Developmental Test of Visual Perception (VP) test, however has been shown to be related to academic performance, has an objective scoring system and can be given quickly and easily. This test may have the potential to be used as a stand-alone screening test of motor-reduced visual perception if its repeatability as a standalone test has been verified. This paper Supplemental VMI that the Developmental Test of Visual Perception has repeatable outcomes and can probably be used as a screening test.

See Kulp M, Earley M. Repeatability of the VMI Supplemental Developmental Test of Visual Perception. Optom Vis Dev 2008;39(2):76-81.

Go to

http://www.covd.org/Portals/0/392Repeatabilit y.pdf to read the complete article.

Soft Toric Contact Lens Workshop

The Contact Lens of Society will be having its annual soft toric contact lens workshop on Sunday, October 5,



2008 from 10:00am to 1:30pm. If you are interested in fitting soft toric contact lenses, please contact Dr. Jennifer Harthan at 312-949-7131 or at jharthan@ico.edu to sign up. Lunch will be provided for all student clinicians. If you know of a family member, friend, or patient who might be interested in participating in this workshop, please have them contact Dr. Jennifer Harthan at 312-949-7137 or have them sign up in the cornea department. Patients who participate in this workshop will need to arrive by 10:30am and will receive \$50 for their time.

Medfest 2008

Volunteers needed for Special Olympics Vision Screening at the United Center. The Special Olympics Lions Club International Opening Eyes Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. **Participants** receive will comprehensive vision and eve health screening.

I am looking for ODs, students, and staff to help at Medfest 2008. We are providing vision screenings at the United Center on **September 18th**, 8:00am-2:00pm. Any help would be greatly appreciated. If interested let me know by **September 11**th. I can be contacted by emailing me at msigler@ico.edu. Thanks,

Melissa Sigler, OD

Canadian Scholarship

The Newfoundland and Labrador Association of Optometrists has available an entering scholarship of \$1000.00 CDN. The Dr John Snow Memorial Scholarship is available to a student from Newfoundland and Labrador, Canada who meet residency requirements and have been accepted into the first year of an approved professional optometry program. The recipient of this award will receive a one time payment of \$1000 CDN.

Contact Dr. P. Dean Halleran halleran@nf.sypatico.ca for more information.

CLASSIFIEDS

Workstudy Needed

- confirming calls for the next day
- making appointments for patients
- answering phones,
- checking patients in and out
- filing
- helping patients if needed

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For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
A. H. Basman, O.D. Scholarship Manitoba Association of Optometrists	Manitoba Resident 3.5 GPA or 5 percent Community participation	\$1,000	September 11, 2008 To MAO
Hispanocare® 2008 Student Scholarship	Latino descent Healthcare Field	\$1,500 to 5,000	October 10, 2008
Dr. Leslie Mintz Scholarship Foundation	Practice in NJFinancial NeedAcademic Excellence	\$1,000 to \$2,500	November 30, 2008

Alcon 4 th Year Optometry Student 2009 Case Study Award	4 th Year Write a case report	\$1,000, National winner additional \$5,000	January 31, 2009 to Student Affairs Office
Dr. Stanley Pearle Vision Scholarship Fund	• Graduating class of 2010, 2011, and 2012	(10) \$2,000	April 15, 2009

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Fitness Center Updates

Just in time for Yoga Month, the Fitness Department is adding an additional yoga class. Hatha Yoga will be now be offered every Friday at 10am-10:45am as well as Wednesday at 4:45-5:30pm, except for September 9th & 12th. Can't make any of the classes, try out one of the many yoga exercise videos available in the library.

September Health & Wellness Spotlight: Yoga

You've probably heard that yoga is good for you for relieving stress. But perhaps you haven't heard about the physical benefits of practicing yoga regularly.

Flexibility: Yoga practice is good for both flexible and inflexible people. Stretching your tight body in new ways will help it to become more flexible, bringing greater range of motion to muscles and joints. Over time, you can expect to gain flexibility in your hamstrings, back, shoulders, and hips.

Strength: Many yoga boses require you to support the weight of your own body in new ways, including balancing on one leg or supporting Gourself with your arms.

While other exercises require you to move slowly in and out of poses, which also increases strength.

Pain Prevention: Increased flexibility and strength can help prevent the causes of some types of back pain. Yoga also improves your alignment, both in and out of class, which helps prevent many other types of pain.

Most of us breathe very shallowly into the lungs and don't give much thought to how we breathe Yoga breathing exercises focus the attention on the breath and teach us how to better use our lungs, which benefits the entire body. Certain types of breath can also help clear the nasal passages and even calm the central nervous system, which has both physical and mental benefits.

Are you interested in becoming a Fitness or Dance Instructor?

The Fitness Center is currently looking for enthusiastic dance or fitness leaders. Please email srichards@ico.edu highlighting your fitness background and other relevant qualifications



Focal Point

Hotel Reservations

Attention 4th Year Students:

As you all know commencement will be held on Saturday, May 16, 2009 at 11 a.m. at Rockefeller Chapel on the University of Chicago campus.



I know you think it is early, but have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend Chicago because of the restaurant

convention. Many hotels, especially in the downtown area, book up VERY EARLY however, last year some graduates reserved hotel rooms in the Midway airport area.

"For summer there, bear in mind, is a loitering gossip, that only begins to talk of leaving when September rises to go - George Washington Cable

romote World

raise funds for projects that provide vision care, local training and infrastructure support for people who are blind or vision due impaired uncorrected refractive error. Last year alone, \$250,000 was raised for projects in Sri Lanka, East Africa, East Timor, and South Africa.

You can sign up for a monthly donation, make a one-time donation, and buy a t-shirt to help Sight Day! For more information or to volunteer, contact Niki

Henriksen.

AOSA

Briefcase Sale

AOSA will be selling briefcases Oct. 3, from 11-2. Several models will be on display. Prices will range from \$50-\$60.

World Sight Day October 9th

The second-annual World Sight Day challenge offers an opportunity for students to in a positive event in the global engage computity while promoting optometry. This shallenge is a major fundraising campaign by Optometry Giving Sight which is designed to

FCO

Volunteer in Chicago

Are you a servant? Would you like to volunteer and give back to the city of Chicago and more specifically the Bridgeport area? Then For One Chicago is for YOU! This citywide service day is scheduled for October 4th from 9AM - 3PM and projects include painting, landscaping, cleaning, etc. If you interested, please check out http://www.foronechicago.com/ for details and registration. Please register as soon as possible by clicking on Projects, scroll down to click on Ward 11, and fill out the needed information. This event is open to everyone!

FCO Bible Study

YOU are also always welcome to attend the Bible study of the Fellowship of Christian Optometrists in the Low Vision Conference Room every Thursday at 6:30 PM. You can expect prayer, worship, fellowship, snacks, and wisdom as we continue our study through the Gospel of Mark.

Upcoming events:

Wed, September 24, 7:30 AM See You at the Pole (Prayer at the ICO front flag pole)
Mon, September 29, 5:30 PM Haiti Info
Meeting
Sat October 4, 9am-3pm For One Chicago

Kevin Harris

Student Association Community Service

American Cancer Society

City Service Day!!!

Join the ICO team in Making Strides for Breast Cancer on October 19, 2008. The lakeside walk is beautiful and for a great cause. The event will be at Lawrence and the Lakefront.

Team Name - ICO
Team Organization - Illinois College of

http://makingstrides.acsevents.org/site/TR?frcid=11687&pg=entry&JServSessionIdr011=cdi4w625t1.app314b

ICO Rocked the Greater Food Depository
ICO is excellent at packing food. It must be from all those years of being a student.

This past Saturday at the Greater Chicago Food Depository we sorted:
6000 lbs of cantal supe!
3000 lbs of bread!!

Food went to children and senior programs, as well as to various food banks and shelters.

We also earned points for food for the 60616

area!

All in all I think we represented Optometry pretty well!

Jennifer Durst, Class 2010

SA Community Service Director

Red Cross Blood Drive - Note the change of date!

Tues, Sept 30, 9:30-2:00 in the Gym!
Get ready to beat our previous donation counts!

Any questions, comments or concerns? Email me at jdurst@eyedoc.ico.edu

Save Yogurt Lids!

Yoplait Yogurt has begun it's annual Save Lids to Save Lives campaign to raise money for breast cancer research. For every specially marked pink lid that is returned to the company by December 31, Yoplait will donate 10 cents to the Susan G. Komen for the Cure foundation. In the next couple days, I will be placing a pink collection box in the President's lounge for you to drop off your clean, specially marked pink lids at your convenience. Each one of us probably knows someone affected by breast cancer, and this is a great opportunity to show your support for the cause!

Emily Thompson APHA - ICO Local Liaison

Did you know

Uptake and Release of Ciprofloxacin-HCl From Contact Lens Materials

Nine differing soft contact lens materials were soaked in a 0.3% ciprofloxacin-HCl solution at 34 degrees C to investigate the uptake and release characteristics of this antibiotic in conventional and silicone hydrogel lenses and to evaluate their potential as therapeutic

drug delivery devices. The uptake of the drug into the lenses was measured by the change in concentration over 24 hours using fluorescence spectrophotometry. The lenses were then placed in a buffered saline solution, and the release of the drug from the lenses was also measured using spectrophotometry.

The release of drug varied from 0.016 mg/lens for lotrafilcon A lenses to 0.42 mg/lens for etafilcon A lenses, with an average of 0.133 mg/lens. The three conventional lenses used in the study released a statistically significantly different amount of drug when compared with the silicone hydrogels. The release of drug was very rapid, with drug release reaching a plateau after no more than 10 minutes for the majority of the lenses. The majority of the lenses were able to release enough drug to achieve minimum inhibitory concentration 90 for most resistant ocular pathogens. Ciprofloxacin was found to heavily precipitate on the etafilcon A lenses during the release phase at physiologic pH.

While balafilcon A released the most drug from the silicone hydrogel materials, all materials released the drug too quickly to be effective as drug delivery devices.

SOURCE: Hui A, Boone A, Jones L. Uptake and release of ciprofloxacin-HCL from conventional and silicone hydrogel contact lens materials. Eye Contact 2008;34(5):266-71.

Impact of Punctal Occlusion on Soft Contact Lens Comfort and Cear Film

This study describes the impact of punctal occlusion in symptomatic dry eye contact lens wearers and the relation between subjective and objective outcomes.

In the raindomized, controlled, double-masked single-center clinical trial, a previously described dry-eye questionnaire was used to determine subject eligibility. Tear interferometry was performed to evaluate prelens tear film thickness, contact lens center

thickness and post-lens tear film thickness. Each subject was randomly assigned to receive the punctal plugs or a sham procedure. At the outcome examination, the subject completed the dry-eye questionnaire and answered one question rating the efficacy of the punctal plug treatment in addition to undergoing tear interferometry using an identical protocol as the first visit.

Nineteen subjects completed both visits of this study. A significant improvement in the dry-eye questionnaire scores was noted from baseline to the outcome visit for both the plug and sham groups. A significant increase in pre-lens tear film thickness occurred within the sham group from baseline to the outcome visit, but not for the punctal plug group. No other layers measured by interferometry changed significantly for either group.

Results comparing the sham and plug groups were not significantly different from each other in terms of questionnaire score and treatment benefit assessment, indicating either that the treatment effect was not detected (although present) or that punctal occlusion had no treatment effect at all.

SOURCE: Geldis JR, Nichols JJ. The impact of punctal occlusion on soft contact lens wearing comfort and the tear film. Eye Contact Lens 2008;34(5):261-5.

Tech Tips

Ahmed Mohammad

Email Tip for Faculty and staff. Creating Task in GroupWise:

Benefit of creating task:

A task is your on-screen 'post it', a visual reminder of those important jobs that must be completed within a specific time frame.

Click on the Task link in your menu bar. The Create Task screen will appear.

1. To create a task enter the subject and task details.

Tasks can be created for yourself or assigned to other people. If you assign a task to another person, enter their email address in the Assign To field by either typing their address or selecting their address from a contacts folder.

- You can set the start and due date. The priority level of a task can also be set.
- As with creating a Message, you can Check Spelling, Add Attachments, Cancel or Save.

NOTE: If you have assigned the task to someone a task request email will be sent. This email will allow the assignee to respond by accepting or declining responsibility.

How to Change an email to an appointment or a task in Groupwise

- 1) Double click on an email
- 2) Click on edit
- 3) Click on "Change to" and select appointment or Task

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

Introducing our New Library Clerk

We would like to welcome our new Library Circulation Clerk, Theresa Ciupinski. She comes to us from AmeriCorps' Project Yes where she worked with elementary school students. She will be doing data entry into VisionCite and providing relief at the circulation desk.

New Poster in Library Lobby

"A Study of Myopia Progression in Young Adults" by Dr. Yi Pang and recent grads, Drs. Diane Lee, Rakhi Patel, and Mital Patel. Please come view their work but direct any questions to the author.

PubMed

PubMed indexes all of the medical literature and is produced by the National Library of Medicine. It does not cover all the optometric and contact lens journals, however, since PabMed emphasizes disease rather than

refraction, fitting or management issues. For complete coverage, it is important to search ICO's VisionCite article index (in our catalog, iLink) and PubMed.

If you link to PubMed through the Library's website, PubMed will inform you automatically if ICO subscribes to the journals found by your search. We have added links so that if you see the "GET IT AT ICO" icon, the link will lead to the fulltext article, if it is available. If it is not available online, there may still be a link for "ICO IN PRINT" that indicates if we have the paper version so that you can get it from the periodicals on the second floor of our library. If a needed article or book is not available in our Library, there is a link from "GET IT AT ICO" that will allow you to make an document delivery (interlibrary loan) request. We will obtain the item for you from another library.

Please contact a librarian if you need assistance researching either PubMed or the Library's catalog, it has and VisionCite.

Library Renewals

You may renew your own materials if you sign on to the Library website at

http://iolibrary/library.htm on campus or off campus at http://library.ico.edu and click on Link, and My Account. You also can find the Library's iLink catalog from the library links from TheView. You will need your user ID and PIN, which can be obtained by emailing us at cshepard@ico.edu or by talking to any fulltime library staff member. You can renew library materials by telephoning the Library at 312-949-7158. If your library item is needed by another patron or for reserves, you will not be able to renew that

particular item and must return it to the Library.

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Mainos Memos

Dominick M. Maino, OD, MEd, FAAO, FCOVD-A

Do you know why every child you see at the Illinois Eye Institute should have a comprehensive eye examination?

Because: The United States Department of Education, Nation's Report Card says that nearly 70% of our nation's schoolchildren are below grade level in our four most important subjects:

Reading: Grade 4: 68% are below grade level Reading: Grade 8: 70% are below grade level Writing: Grade 8: 70% are below grade level Math: Grade 4: 62% are below grade level Math: Grade 8: 69% are below grade level Science: Grades 4 and 8: 73% are below grade level

When you are examining an adult patient at the IEI always ask if they have any other family members, children, siblings or friends that could use our unique services....and don't forget that the Peds/BV Service evaluates children for learning related vision problems as well.

On another note:

Palomo-Álvarez and Puell recently published an article "Accommodative function in school children with reading difficulties" in an issue of Graefe's Archive for Clinical and Experimental Ophthalmology. It was found that monocular accommodative amplitude was significantly lower in the group of poor readers than in the that Dinocular and aroup accommodative facility significantly lower in the poor readers than controls. They concluded that a reduced monocular accommodative amplitude and binocular accommodative facility should be assessed by optometric clinician in reading level is below children whose average.

Since the patient population we serve often present with reading problems, you should probably routinely conduct these tests on children with reading problems or refer to the

Peds/BV service for a vision efficiency evaluation.

For the latest in pediatric eye and vision care research go to http://www.MainosMemos.blogspot.com

Questions about this or anything related to pediatric optometry, please contact Dr. Dominick M. Maino dmaino@ico.edu today!

Soft Toric Contact Lens Workshop

The Contact Lens Society will be having its annual soft toric contact lens workshop on **Sunday**, **October 5**, 2008 from 10:00am to 1:30pm. If you are interested in

fitting soft toric contact lenses, please contact Dr. Jennifer Harthan at 312-949-7131 or at jharthan@ico.edu to sigh up. Lunch will be provided for all student clinicians. If you know of a family member, friend, or patient who might be interested in participating in this workshop, please have them contact Dr. Jennifer Narthan at 312-949-7137 or have them sign up in the cornea department. Patlents who participate in this workshop will need to arrive by 10:30am and will receive \$50 for their time.

CLASSIFIEDS

Workstudy

The Biomed Department is looking for a Equipment Repair Assistant student worker. The position has open hours and is available year round. Call ext 7190 for details.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Hispanocare® 2008 Student Scholarship	3.0 GPALatino descentHealthcare Field	\$1,500 to 5,000	October 10, 2008
Dr. Leslie Mintz Scholarship Foundation	Practice in NJFinancial NeedAcademic Excellence	\$1,000 to \$2,500	November 30, 2008
Alcon 4 th Year Optometry Student 2009 Case Study Award	4 th Year Write a case report	\$1,000, National winner additional \$5,000	January 31, 2009 to Student Affairs Office
Dr. Stanley Pearle Vision Scholarship Fund	Graduating class of 2010, 2011, and 2012	(10) \$2,000	April 15, 2009

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Fitness Center Updates

Looking for fun activities around Chicago? Workouts inside getting a little stale? Whether you just want to get out and explore this great city or just need some variety in your exercise program, visit

http://theview.ico.edu/ics/Fitness for info on upcoming fitness related events around Chicago.

September Health & Wellness Tip

Did you take time to stretch out those muscles that pulled you through your invigorating workout? Most aerobic and strength training programs inherently cause your muscles to contract and flex. For equal balance, pay attention to lengthening, or stretching, those muscles after your workout.

never stretch to the point of pain. Know your body's limits. Hold each stretch for at least 10-15 seconds, repeating two or three times, depending on how you feel. Stretch when you exercise or three times a week to maintain flexibility

Massage Therapy

Appointments are available for on-campus seated massage. Our certified Massage Therapist offers seated massage in time increments from 10-60 minutes with prices starting at just \$10! Sessions are available on Tuesdays by appointment only. To schedule a session or learn more, contact Shirmel Richards at srichards@ico.edu.

	Club Representative	es for 2008-2009	
	Student Association		
	President	Courtney Krohn	564
	President-Elect	Tommy Elton	36
	Secretary	Tiffany Andrzejewski	483
	Treasurer	Christine Estrada	
	Director of Community Service	Jennifer Durst	525
	Director-Elect of Community Service	Annie Yeh	724
	Community Service Representative	Rahi Saiyed	238
	Director of Notetaking	Lindsay Sicks	620
	Director-Elect of Notetaking Service	Beth Knighton	6
	Director of Intramural Sports	Vick Chan	506
	Head RA	Melissa Crist	649
	4th Year Class Rep.	Aaron Ledford	379
	4th Year Class Rep.	Shilpa Shah	437
	3rd year Class Rep.	Ruhee Dhalla	521
	3rd year Class Rep.	Efren Gomez	536
	2nd year Class Rep.	Jackie Saltee	(683
	2nd year Class Rep.	Jen Specht	698
	1st year Class Rep	Eric Coy	148
	1st year Class Rep	Erik Mothersbaugh	214
	AOSA Trustee	Natalka Marrastersky	392
	AOSA Trustee-Elect	Nikki Henricksen	546
	Immediate Past-President	Billi Prinzen	314
	1st year AOSA Reps	Jawad Haider	168
		XO	
	American Academy of Optometr		100
	President	Melissa Zarn	462
	Vice President	Jason Barnes	490
	Secretary	Melissa Liepins	83
	Treasurer	Mark Burke	503
	3rd Year Class Rep	Linda Phan	602
	1103	Shu Phung	603
	2nd Year Class Rep	Christopher Diehl	33
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	Public Relations	Fred Collison	512
		James Sloan	627
	1st Year Class Rep	TBA	
	Faculty Advisor	Dr Mary Flynn Roberts	
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9.	Trustee-Elect	Roman Gerber	44
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	Trustee	Nikki Henricksen	546
	1st Year Rep.	Jawad Haider	168
	1st Year Rep.	Birva Kadakia	181
Amou	rican Public Health Assoc		
Amer	Local Liaison	Emily Thompson	634
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Foundation	Treasurer	Anne Eng	528
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Cana	dian Club	To Produce the Action of the A	
	Prime Minister	Mike Yu	647
Cara Shari Awar	Prime Minister	Carmen Recksiedler	606
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Cont	act Lens Society	Cugon Una	240
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	Vice President	Lori Copilevitz	526
	Secretary Treasurer	Andrea Eigenberg	635
	Publicist	Angela To Lindsay Sicks	620
	Lunch & Learn	Tiffany Andrexewski	483
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	Workshop	Rachel Kowalski	562
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203	COVD Liaison	Tiffany Andrezejewski	483
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Fello	wship for Christian		
Opto	metrists		
	President	Kevin Harris	542
.5	President Elect	Anna O'Brien	104
0	Secretary/Treasurer	Rebecca Hampu	48
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	Social/Service Chair	Amanda Schuster	685
	Faculty Advisor	Dr. Kelly Frantz	
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		President	Natalka Manastersky	392
		Face Produced	Casey Bartz	304
			Laura MacDonald	391
			Callie Peotter	418
			Billi Prinzen	314
			Shilpa Shah	437
		ICO Mentors & Tutors		
		Drake Liaison	Courtney Krohn	564
		Faculty Advisor	Beth Karmis	
			Bott Rainilo	
		ICO Omega Leo Club		
		President	Mark Burke	503
		President Elect	Melissa Bussey	17
		Secretary	Sheila Setork	689
		Treasurer	Jennifer Lin	689
		Student Liaisons	Efren Gomez	536
			Karina Nikogosian	103
		First Year Reps	Tamscot Yap	282
		- That roal rops	Dannette Lammert	196
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		Multicultural Club		
		President	Linda T. Phan	602
		Vice President	Mary Burgos	13
		Secretary	Christine Le	76
		Treasurer	Christine Chang	20
		Events Coordinator	Annie Yeh	724
		Bulletin Board Designer	Hung-Ju Kaiser Shen	618
		Bulletin Board Assistant	TBA	
		Faculty Laiason	Jennifer Lin	
		Class Representative 2010	Kimberly Betton	495
		Class Representative 2011		78
		Class Representative 2012	ОТВА	
		Muslim Student Association	Daarna Khalil	- 66
		President	Deanna Khalil	66
		Vice Presiden	Sadia Afreen	2
		National Optometric Student As	sociation (NOSA)	
		President	Darshana Patel	594
		Vice President	Chee Hur	551
		Secretary	Kim Betton	495
		Treasurer	Tafadzwa Makoni	91
		3rd year reps	Joanna Slusky	621
			Hetal Patel	595
		2nd yr reps	Jeffery Lewis	82
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Bulletin Board Artists			Jennifer Winn	721
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Focal Point

CAMPUSNEWS

World Sight Day

October 9th

The second-annual World Sight Day challenge offers an opportunity for students to engage in a positive event in the global community while promoting optometry. This challenge is a major

fundraising campaign by Optometry Giving Sight which is designed to raise funds for projects that provide vision care, local training and infrastructure support for people who are blind or vision impaired due to uncorrected refractive error. Last year alone, \$250,000 was raised for

projects in Sri Lanka, East Africa, East Timor, and South Africa.

You can sign up for a monthly donation, make a one-time donation, and but a t-shirt to help promote World Sight Day! For more information or to volunteer, contact Niki Henriksen or Emily Kerkhove.

Winter Reparedness Fair

ICO will host one of Mayor Daley's Winter Preparedness Fairs this year.

November 22nd from 9 am to 2 pm in the gym. All staff, student and faculty are



"The leaves fall patiently

Nothing remembers or grieves

The river takes to the sea.

The yellow drift of leaves."

- Sara Teasdale (1884-1933)

welcomed to attend.

The fair involves three main activities:

- 1) on-site representatives from CEDA, Peoples Gas, and ComEd provide assistance with heating bills;
 - the City distributes weatherization kits, including plastic sheeting for windows, insulating foam, outlet covers, door sweeps, and other items; and
 - 3) other City departments and non-profits that provide heating assistance, such as the Salvation Army, Catholic Charities, and local

community groups, are also on-site.

Vincent Brandys, O.D., Director for Professional and Governmental Relations ext. 7144, Illinois Eye Institute

Attention: Third Year Students

Please note – for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 9 and 10, 2008 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

The next Focal Point will come out October 17, 2008.

Student Association Community Service

American Cancer Society

Join the ICO team in Making Strides for Breast Cancer on October 19, 2008. The lakeside walk is beautiful and for a great cause. The event will be at Lawrence and the Lakefront. Contact Jennifer Durst, box 525 for more information.

VOSH Mission Trip Report

Ben Crawford

PROBINA, DOMINGO SI DE AGOSTO DEL 2008

Noticias Local 3

CON EL APOYO DE ROTARY CLUB CIUDAD BLANCA

Médicos americanos llegaron para cumplir misión en Hospital General



Médicos norteamericanos realizarán campaña asistencial durante 5 días en hospital Honorio Delgado.

Este lunes iniciarán intervenciones médicas, para personas de escasos recursos económicos en el hospital Honorio Delgado Espinosa. Campañas médicas y de capacitación a personal durarán 5 Fuerza Aérea Peruana (FAP), donde se realizarán intervenciones quirúrgicas y atenciones oftalmológicas.

"Los médicos y especialis tas pagan sus gastos, nos tros no cobramos nada. Nue tra consigna es ayudar y pa eso estamos aquí, claro quahora contamos con apoyo da Rotary Ciudad Blanca, para cinalizar la ayuda de forma co sar algo de lo que el Perú nos dio, la manera que elegimos

Desde 1995 diversos grupos médicos han visitado é-Perú recorriendo así más de 20 regiones como San Martír quitos, Cajamarca, Huara: Trujillo, Lima y Arequipa, prókimamente viajarán a Tacna Chincha y Pisco, para llevr

I recently had the privilege of attending a VOSH mission to Arequipa, Peru in the beginning of September. The mission Matchinski, ten ICO consisted of Dr. students(Tiffany Andrewjeski, Joe Battin, May, Robert Gonzalez, Lindsay Langford, James Sloan, Linda Post Jennifer Linn, and Emily Thompson, and several VOSH Illinois volunteers. We conducted our mission out of the Peruvian Air Force Hospital where we were able to create a pre-screening room, dispensing area, and three exam rooms each with three lanes. The space was a bit more cramped than we are used to but we made the best of it. Over the five days we saw and dispensed over 1500 pairs of glasses. patients we preformed about 1000 exams Over the course of seeing so many patients we, as students, were able to hone our retinoscopy skills via refracting with skiascopy bars, practice direct ophthalmoscopy, and even learn to give an exam in Spanish. Additionally we saw many interesting pathologies which we may not get too see until well into our practicing years. Due to the proximity to the equator and the high elevation in Arequipa, the vast majority of patients presented with ptyrigiums, dry eye syndrome, and cataracts. We also saw a surprising amount of glaucoma. Some of the more notable cases we saw include agerelated macular degeneration, anophthalmos, congenital glaucoma with megalocornea, myopic degeneration, and Marcus-Gunn jaw winking. Although the educational experience we received was amazing I think my colleagues would agree than just the satisfaction of fitting a patient with their first pair of glasses made the trip worthwhile. The people were extremely warm, kind, and so grateful for the care we gave them. Many of the exams ended with hugs and kisses, or small gifts of their appreciation. After this experience personally hope to continue to travel with KOSH and give back to those in need or everyone going on upcoming missions I hope you all are able to have the same experience we did, and for anyone hinking about participating in a VOSH mission I highly recommend it!

Keep Saving Yogurt Lids!

Yoplait Yogurt is in it's annual Save Lids to Save Lives campaign to raise money for breast cancer research. For every specially marked pink lid that is returned to the company by December 31, Yoplait will donate 10 cents to the Susan G. Komen for the Cure foundation. The pink collection box is in the President's lounge for you to drop off your clean, specially marked pink lids at your convenience. Each one of us probably knows someone affected by breast cancer, and this is a great opportunity to show your support for the cause!

Did you know

Acucela and Otsuka Pharmaceutical Enter Co-Development Agreement for Rebamipide Ophthalmic Suspension for Dry Eye

Acucela Inc. and Otsuka Pharmaceutical Co., Ltd. announced that they have entered into a definitive agreement to co-develop Rebamipide ophthalmic suspension (hereinafter, Rebamipide), Otsuka's proprietary compound for the treatment of dry eye which is currently in Phase III clinical development in the United States.

Under the agreement, the parties will collaborate in the clinical development efforts for Rebamipide in the U.S., with Acucela spearheading the regulatory strategy to gain approval for the product in the U.S. Upon regulatory approval of Rebamipide, the parties may negotiate the terms under which Acucela may co-promote Rebamipide with Otsuka in the U.S. Otsuka shall pay Acucela a cash upfront payment as well as clinical development milestones and a royalty on sales of the product. Otsuka shall be responsible for all clinical development and commercialization expenses.

According the companies, Rebamipide has a new mechanism of action, which is to increase the level of mucin in the tear covering the conjunctiva and corneat It is expected to be effective in dry eye treatment by stabilizing the tear film and leading to improvement of the corneal conjunctival damage associated with dry eye.

For more information on tsuka please visit the company's web site at www.otsuka-global.com.

LifeGuard Health Launches New Subsidiary, Omega Eye Health

LifeGuard Health, the leader in condition specific Omega-3 products, announced that it has launched a new subsidiary, Omega Eye Health. Kenneth A. Krieg has been named the Chief Executive Officer and Robert D. Bauer

has been named President. This company will be co-located with Lifeguard's corporate headquarters in Plymouth Meeting, Pennsylvania.

Omega Eye Health will offer specialty Omega-3 nutritional supplements targeted for eye health. The new company will recruit a national roster of prominent eye care physicians to serve as an appointed Medical Advisory Panel (MAP). According to the announcement, Omega Eye Health will distinguish itself by offering its specially formulated eye care products exclusively to ophthalmologists and optometrists. Per LifeGuard Health, several medical studies suggest a higher consumption of Omega-3 fish oil is beneficial for several eye conditions, and Omega Eye Health will use this growing body of medical evidence to support its product development strategy. For additional information, visit www.omegaeyehealth.com.

Spotligh On the Library
by Kathryn Johnston

Information Systems Librarian
October is National Medical
Librarians' Month! Celebrate
by using your library and
taking advantage of our expert
research assistance. We have enjoyed having
classes meet here while the new labs were
being built and hope you continue to come to
the Library often. Please come look at the
display with the photographs of all the
librarians here to help you.

Visiting optometrists and ophthalmologists inform us that ICO has the most comprehensive vision and eye library in the country—better than the University of Chicago or Harvard University.

Our unique database index, VisionCite provides access to more than 252,000 article citations, many of them not found in PubMed or other sources and you can get to many of the full text articles from the citation.

Journals, Magazines and Newspapers

The Library keeps its most recent issues of journals and magazines on display on the first floor. The older magazines and journals are shelved on the second floor. They are arranged alphabetically by their full title, such as Journal of the American Optometric Association, so "of" and "the" count in their ordering. A few journals are known officially by their acronyms, so JAMA for instance is under "jama" not Journal of the...

The most recent newspapers are kept on racks on the second floor. The Library subscribes to the week day issues of The Wall Street Journal, The Chicago Tribune, and The Chicago Sun-Times.

journals, and newspapers Magazines, including bound volumes, may be checked out for 24 hours, and renewed as needed.

Do you commute? We have continuing education on tape/CD/MP3!

The Library has programs from the College of Vision Development meetings on cassette, audio CD and as MP3 files on a DVD. We also subscribe to the Audio Digest of Ophthalmology which sends bi-monthly CDs of lectures on topics such as "Challenges in Neuro-ophthalmology," "Retinal Disease," or "Glaucoma Assessment and Management." The sound recordings can be checked out for a week and renewed.

Interlibrary Loan and Purchase Requests

If you need an article, book, Co other publication, we would be happy to get it for you on interlibrary loan. The Co Library is a member of several library groups, including the international Association of Vision Science Libraries, INET (a consortium of Illinois libraries), and OCLC (a world wide organization for sharing library materials.) We also welcome requests for purchasing new books, magazines, videos and other materials. We try to buy everything that has to dowith eyes or vision, or other materials if hey would benefit students and faculty.

Happy National Medical Libraries Month and we look forward to serving you in the Library! Gerald Dujsik, MALS Sandra Engram, MALS Kathryn Johnston MLIS Darlene Ward, MAILS

Tech Tip§

Ahmed Mohammad

Email Tip for Faculty and staff.

How to set the Spell Checker to automatically check spelling before a new mail message, appointment or task is sent:

- 1. On the main GroupWise toolbar, click on the Tools menu and select Options. Double-click on the Environment icon.
- 2. Under the General tab, in the right portion of the screen, click in the check box next to the phrase "Check spelling before send". Click on OK to activate this change and exit the dialog

Save these website addresses in to your favorites.

ICO Phone directory web address:

http://twp.ico.edu

(For Callpitot users only) Access your Voice mail and axes online: http://cpweb.ico.edu Access CO email via the web:

http://eyecare.ico.edu

For Citrix users only) ICO's Citrix network connection web address: https://citrix.ico.edu What's happening at ICO: http://theview.ico.edu and http://www.ico.edu

Mainos Memos

Dominick M. Maino, OD, MEd, FAAO, FCOVD-A

Wright Camera Club

The Wright Camera Club meets on the first Monday of the month at the Bartholomew Church Parish Community Center photography competitions and programs to improve the individual's skill as a photographer.

special



On Sunday, October 5th, club members will sponsor a Photography Exhibition in the St. Bart's Hospitality Room after the 9:30 and 11:30 AM Masses. Please come down after each Mass to view the outstanding works of art, have a cup of coffee and to learn more about the Wright Camera Club.

On Monday. October 6th the Wright Camera Club will teach you how to use Photoshop to make your pictures better. This program is given by Mark Southard, an award winning internationally recognized photographer who is a Master Teacher of Photoshop and similar digital software. Bring your digital photos and laptops if you can. We will teach you how to use them to make all your pictures works of art!

Questions? Ask ICO faculty member, Dr. Dominick Maino

RSVP dmaino@ico.edu or call 312-949-7282 and leave a message that you are coming.

Artists' Reception at Cook County Treasurer's Office

You're cordially invited to attend the artists' reception at the Cook County Treasurer's office on Thursday Oct 9 at 4 pm. ICO's, Dr. Dominick Maino, is exhibiting several of his works along with several other artists of the Casa Italia Italian Cultural Center. Cook County Treasurer, Maria Pappas will be on hand to greet you and the artists. The art show is free and open to the public. It closes on Oct 27. The Cook County Treasurer's office is located at 118 N. Clark St., Suite 112 chicago, IL 60602

ADHD

Did you know that "Adults diagnosed with Attention Deficie Hyperactivity Disorder (ADHD) say that having ADHD significantly affects their ability to focus at work, as well as their responsibilities at home and their relationships. These findings were according to a national survey including more than 1,000 adults across the United States diagnosed with the condition. This means that if you are examining a child in the clinic with ADHD, you

should also ask if anyone else in the family has this disorder. You will be surprised at how many adults have ADHD. You should then inquire if they've had a comprehensive eye examination lately. If they haven't, schedule them for an appointment so that the adult with ADHD can benefit from what we do as well.

Go to http://www.mainosmemos.blogspot.com and type in "adult" and "adhd" to learn more.

Hotel Reservations

Attention 4th Year Students:

As you all know commencement will be held on Saturday, May 16, 2009 at 11 a.m. at Rockefeller Chapel on the University of Chicago campus.

I know you think it is early, but have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend in Chicago because of the restaurant convention. Wany hotels, especially in the downtown area, book up VERY EARLY, however last year some graduates reserved hotel tooms in the Midway airport area.

CLASSIFIEDS

Workstudy

The Biomed Department is looking for a Equipment Repair Assistant student worker. The position has open hours and is available year round. Call ext 7190 for details.

Need 3rd and 4th year TAs

FROM: Dr. Pihos and Dr. Stone

We are looking for enthusiastic teaching assistants for the winter quarter optometry 2.2 course. You will be assisting second year students in learning ocular health assessment skills. The labs are on Tues, Wed and Thurs afternoons from 1:30-5:30. Please email **Dr. Pihos** at apihos@ico.edu if you are interested. Include what day and time you are available and the email at which you prefer to be contacted.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Hispanocare® 2008 Student Scholarship	3.0 GPALatino descentHealthcare Field	\$1,500 to 5,000	October 10, 2008
Dr. Leslie Mintz Scholarship Foundation	 Practice in NJ Financial Need Academic Excellence 	\$1,000 to \$2,500	November 30, 2008
Alcon 4 th Year Optometry Student 2009 Case Study Award	 4th Year Write a case report 	\$1,000, National winner additional \$5,000	January 31, 2009 to Student Affairs Office
Dr. Stanley Pearle Vision Scholarship Fund	 Graduating class of 2010, 2011, and 2012 	(10) \$2,000	April 15, 2009

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Fitness Center Updates

Stay up-to-date with everything fitness by visiting http://theview.ico.edu/ics/Fitness/. There you can get the most up-to-date fitness class schedule, FC closing and special fitness activities at ICQ.

October is Breast Cancer Awareness

Female breast cancer has the second highest mortality rate of all cancers. But what can YOU do to protect yourself.

- 1. Break a sweat regular physical activity reverses the effects of high insulin and estrogen levels both of which have been linked to an increase in breast cancer risk.
- 2. Cut back on the drinks alcohol consumption has been shown to

increase your risk

- 3. Eat less red meat researchers believe that because meat contains estrogen, eating it increase the amount of estrogen in your body, thereby influencing your risk for cancer
- Know your family history sometimes women don't disclose details unless specific questions are asked.
- Watch your waist people with a higher percentage of body fat have more estrogen in their bodies and therefore have a greater breast cancer risk
- Make breast screenings a must mammograms and self-examination reduce the number of breast cancer deaths. When tumors are detected

early there's a high survival rate.

7. Defat your diet - reducing fat intake to 20 percent of calories helps regulate insulin and other hormones that may encourage tumor growth.

Look for more information on Breast Cancer at the bulletin board outside of the FC and an upcoming lunch seminar.

Massage Therapy

Appointments are available for on-campus seated massage. Our certified Massage Therapist offers seated massage in time increments from 10-60 minutes with prices starting at just \$10! Sessions are available on Tuesdays by appointment only. To schedule a session or learn more, contact Shirmel Richards at srichards@ico.edu.

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Focal Point

Soft Multifocal Contact Lens Workshop

The Contact Lens Society will be having its annual soft multifocal contact lens workshop

Sunday. November 16th, 2008 from 10:00am to 1:30pm. If you are interested in fitting soft multifocal contact please lenses. contact Dr. Jennifer Harthan at 312-949or jharthan@ico.edu sign up. Lunch will be

provided for all student clinicians. If you know of a family member, friend, or patient who might be interested in participating in this workshop, please have them contact on Jennifer Harthan at 312-949-7137 or have them sign up in the cornea department. Patients who participate in this workshop will need to arrive by 10:30am and will receive \$50 for their time.

last."

- Willa Cather

Congratulation

Congratulations to Rebecca Tudor, C.R.A. for winning the Grand Prize in this year's ocular photography contest for the American Academy Optometry. Her photo was chosen as best out of 115 submissions.

Dr. Nawman

Orief, Center for Advanced Ophthalmic Care

BOO Bash

"She had only to stand in the orchard,

to put her hand on a little crab tree

to make you feel the goodness of

and look up at the apples,

The greatest costumed night of your life is here...BOO BASH 2008!!!

When: Saturday October 18, 2008

John Where: Barleycorn in Lincoln Park

Address: 658 W Belden

Ave Time: 8 pm Cost: \$8

Sign up outside 1200 all this week. Prizes are being awarded for best male, female, couple and group costumes.

planting and tending and harvesting at

YOU THERE!!!

World Sight Day Challenge Proves a Huge Success!

On October 9th ICO participated in the World Sight Day Challenge put on by AOSA to raise funds for the Optometry Giving Sight organization.

Faculty members made generous donations and 224 students bought a t-shirt or made donations to the cause. Fourteen students committed to donating \$5 per month for a year to the organization, entering them in a drawing to win a trip to an OGS mission site in 2009. Donations totaled nearly \$5000, well surpassing any other optometric school's contribution this year. This money is used to build optometric facilities and train local professionals in areas of the world that do not have access to an optometrist. These facilities provide eye examinations and glasses to people who have never experienced clear vision in the past.

Totals were as follows:

Faculty/Staff: \$272.05 Class of 2012: \$1151.50 Class of 2011: \$1609.00 Class of 2010: \$1860.00 Class of 2009: \$26.50



A huge thank you to all those who donated their time and money into making this fundraiser a huge success.

Emily Kerkhove OGS Liaison

Handwashing

Beth Karmis

Want to do something good for yourself and others?

The CDC, ACIP and your mother have satisfied for years and years - the best and easiest thing we can all do to keep ourselves bealthy and prevent the spread of infection is to WASH OUR HANDS! Depending where you are in your ICO sojourn (student faculty, staff) you may have already begun to talk the clean hands = healthy eyes talk! But are you taking care of your ell like you take care of your patients?

You already know this, but here is what the experts tell us: warm water soak, apply soap and tub vigorously for 20 full seconds (2 rounds of "Happy Birthday" will do it) making lots of bubbles tops, bottoms, in between

fingers, rinse thoroughly, and dry fully either with the forced air hand dryers or a lint free towel. If you are somewhere (like the IEI) you have the paper toweling available, remember to get the supply out before you start and use the towel to turn off the water.

So when do you wash your hands? We all know the about after bathroom use, before/after/sometimes during patient care, before eating, after sneezing or blowing nose, but as we approach the cough and cold season consider hand washing more frequently. If you're touching surfaces that get a lot of touching by others...i.e. shopping cart handles, stair railings, hand grips in public transportation, public use keyboards...and then planning to do any of those activities like preparing food, eating, applying make up, touching someone's eyes, WASH YOUR HANDS.

The verdict is still out for alcohol based hand sanitizers, but remember if you are touching your own eye or someone else's, good old soap and water is better. April 08's Contact Lens Spectrum had an article about hand washing, sontact lens care and wear and those sanitizers. Nothing groundbreaking to most of you, just a friendly reminder that soft lens contacts can absorb the alcohol from those sanitizers.

If you want to read more check out: http://www.cdc.gov/cleanhands/
http://www.cdc.gov/handhygiene/index.html
http://www.clspectrum.com/article.aspx?articl
e=101399

American Cancer Society

Join the ICO team in Making Strides for Breast Cancer on October 19, 2008. The lakeside walk is beautiful and for a great cause. The event will be at Lawrence and the Lakefront. Contact Jennifer Durst, box 525 for more information.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian
Library Hours for Exams and Fall Break
(check our website and sign for changes)

Friday, October 24	8:00 am-Midnight
Saturday, October 25	9:00 am-Midnight
Sunday, October 26	10:00 am-Midnight
Mon - Fri, Oct. 27 – 31	7:00 am-Midnight
Saturday, November 1	8:00 am-5:00 pm
Sunday, November 2	Closed
Mon - Fri, Nov 3 - 7	8:00 am-5:00 pm
Saturday, November 8	9:00 am-5:00 pm
Sunday, November 9	Closed

Monday, November 10-Resume normal hours

Winter Quarter Library Job Openings

Please contact Darlene Ward at dward@ico.edu or ext. 7151 if interested in working for the Library. As of the deadline for this article, there were still positions available.

News Sources

The Library subscribes to the paper versions of Time, Newsweek, the Wall Street Journal, the Chicago Tribune, the Chronicle of Higher Education, and the Chicago Sun-Times for local and national news. The newspapers are shelved on the eastern corner of the second floor. All but the latter also are available online as well as through the Corary. Check Ebscohost or More Full Text Sources from the Library's website to ge access to these the newspapers' sources, since magazines' websites usually charge readers who want to lead other than this week's articles.

Scary Reading

Can anything be more terrifying than strabismus and amblyopia? What about Anne Rice's Interview with a Vampire or Mary Higgins Clark's Where Are the Children? If

the Chicago Marathon filled you with suspense, you could check out the Marathon Runner's Handbook by Bruce Fordyce.

The Library has a collection of donated



books for your reading. The fiction and nonfiction books are shelved in the carrel by the first floor computer room and in a shelving area on the eastern corner of the second floor. They all have the call numbers RRCF (for Recreational Reading Collection Fiction) or RRCN (Nonfiction). They can be checked out and renewed for four weeks at a time. Perfect for study breaks or dark and stormy nights!

National Medical Library Month

Please help us celebrate National Medical Library Month by Meving the posters on the display board in the Library! The Librarians, (Gerald Duisik, Sandra Engram, Darlene Ward, and Kathryn Johnston) and staff (Correne Biela, Irma Chavez, and Theresa Ciupinski) are here to help you. Please contact us if we can assist you in your research or information needs, or even in reading for pleasure.

Good luck on finals and happy Halloween! We look forward to your haunting the Library!

Tech Tips

Ahmed Mohammad

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

1. Phone Request: Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major

system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

2. System Support Email:a. Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Attention: Third Year Students

Please note – for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 9 and 10, 2008 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

The Student Affairs Office is in need of a student worker for Monday afternoons during winter quarter. The student must have excellent computer skills, work independently, and have good organization skills. You will be asked to greet applicants and conduct campus tours for counseling appointments and visitors. Clinic attire is required. Please contact Sharon Uher (x7405 - suher@ico.edu) in the Student Affairs Office if you are interested in the position for Monday afternoons.

Workstudy

The Biomed Department is looking for a Equipment Repair Assistant student worker. The position has open hours and is available year round. Call ext 7190 for details.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

CLASSIFIEDS

Workstudy

SCHOLARSHIPS

For all scholarships and fellowships, please stor by the Student Affairs Office for more information! All scholarship information can be found in the Bridge drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Dr. Leslie Mintz Scholarship Foundation	 Practice in N Financia Reed Academic Excellence 	\$1,000 to \$2,500	November 30, 2008
Alcon 4 th Year Optometry Student 2009 Case Study Award	Write a case report	\$1,000, National winner additional \$5,000	January 31, 2009 to Student Affairs Office
Dr. Stanley Pearle Vision Scholarship Fund	 Graduating class of 2010, 2011, and 2012 	(10) \$2,000	April 15, 2009

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Study Break:

Stressed out from studying and all of those late nights? Join the Fitness Department for a study break on Halloween, October 31st in the Foyer. Snacks and refreshments will be served. Check the Fitness page on the View for more information. Flyers will be posted around campus.

Breast Cancer Awareness Seminar

Also on Halloween, the Fitness Department is proud to bring you more information on what

cards, practice sessions on a variety of models, and much more. Snacks and refreshments will be served. Flyers will be posted around campus but you can also learn more by visiting the Fitness page on the View

Stressed about Exams - Try a Massage

Appointments are available for on-campus seated massage on October 28th. Our certified Massage Therapist offers seated massage in time increments from 10-60 minutes with prices starting at just \$10! Sessions are available on Tuesdays by appointment only. To schedule a session or learn more, contact Shirmel Richards at

Aditized by Hinois College of Optometry Library

	12/4 Th	BHS 150.2 Biochemistry II Room 1200-1203	CLE 262.2 Optometry 2.2	
	12/8	BHS 107 Ocular Anatomy	Room 1200-1203 CLE 270.2 Ophthalmic Optics	DESIGNAL SANSAN COLOR
	12/10	Room 1200-1203 BHS 120.2 Geo/Theo Optics II	Room 1201-1202	augmso bn
	12/11 Th	Room 1200-1203	BHS 263.1 Ocular Disease I	BHS 360.2 Clinical Medicine
	12/12 F	BHS 140.1 Senosry Aspects of Vision I	R00III 1200-1203	Room 1201-1202
	12/15 M		CLE 262.4 Intro to Binocular Anomalies Room 1200-1203	
	12/16 T	BHS 116.2 Human Physiology Room 1200-1203		BHS 364 Neuro-Ophthalmic Di
	12/17 W		BHS 245 Color Vision Room 1200-1203	101
	12/18 Th	CLE 162.2 Optometry 1.2 Room 1200-1203		CLE 367 Low Vision Room 1201-1202
	12/19 F		BHS 248 Persp on Behavioral Disorders Room 1200-1203	*
	1/6 T	BHS 150.2 Biochemistry II Room 1200-1203	CLE 270.2 Ophthal Mic Optics II Room 1201-1202	
	1/7 W		OOLO	BHS 363.4 Gen. & Ocular Eme Room 1200-1203
	1/9 F	BHS 107 Ocular Anatomy Room 1200-1203	BHS 25 .2 General and Ocular Pharm Room 1201-1202	et Dearthne
	1/12 M	BHS 120.2 Geo/Theo Optics II Room 1200-1203		CLE 376.1 Strabismus and Amblyo Room 1201-1202
	1/13 T	1160	CLE 262.2 Optometry 2.2 Room 1200-1203	Resear January 31
	1/14 W	BHS 140.1 Sensor, Aspects of Vision I Room 1200-1203		BRUGENLAM SEC Office
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Focal Point

CAMPUSNEWS

Did you Know?

Dr. Colip

Vitamin A versus Cyclosporine A 0.05% Drops for Dry Eye Syndrome

A total of 150 patients with defined

dry eye disease participated in three identical clinical trials (50 in each treatment group) where patients were treated twice daily with cyclosporine A 0.05%, q.i.d. with retinyl palmitate 0.05% or with no eye drops to compare efficacy in treating dry eye disease. Adjunctive treatment with preservativefree artificial tears was undertaken g.i.d. in all groups. Corneal fluorescein staining, Schirmer tear test (without anesthesia), tear film break-up time (TBUT),

dry eye symptom score and oppression cytologic analysis results obtained before treatment and at the first, second and third months after initiation of treatment.

Both vitamin A Caye drops and topical cyclosporine A 0.05% treatments led to significant improvement in blurred vision, tear film TROU Schirmer I score results and impression cytologic findings in patients with dry are syndrome.

Both vitamin A eye drops and topical

cyclosporine A 0.05% treatments are effective for the treatment of dry eye disorder.

SOURCE: Kim EC, Choi JS, Joo CK. A Comparison of

Vitamin A and Cyclosporine A 0.05% Eve Drops for Freatment of Dry Eye Syndrome. Am J Ophthalmol. 2008 Oct 8. [Epub ahead of print].

8. [Epub ahead of print].

New Topical Ocular Anesthetic Approved Akorn, Inc. has

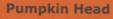
shine.

announced that the FDA approved its NDA
22-221 for Akten
Ophthalmic Gel 3.5%.

Akorn filed the NDA in

June 2007, following the results of a randomized, placebo-controlled Phase III clinical trial. Akten is a unit dose, preservative-free lidocaine gel product intended to be used in any ocular procedure that requires a topical anesthetic agent. Learn more at www.akorn.com.

Study Results Point to Most Effective Treatment for Convergence Insufficiency Published in the October issue of Archives of Ophthalmology the 12-week Convergence Insufficiency Treatment Trial (CITT) compared



We bought a pumpkin big and round
that lived the summer through
without an eye to look at things...
and now it looks through two.

It used to be all dark inside when growing on the view but now it has a tooth, smile and face that's full of shine.

Aileen Fisher

the effectiveness of treatment options for CI. The results of this study point to office-based treatment by a trained therapist along with athome reinforcement as being more effective than home-based therapy alone.

Mainos Memos

CI Clinical Trial Results. Optometric Vision Therapy the Best Treatment!

As you may know, the recently released CITT study has shown that in-office optometric vision therapy is the recommended treatment for individuals with convergence insufficiency. To read much more about this NEI funded, multi-site, placebo controlled, randomized clinical trial go to Mainos Memos at http://mainosmemos.blogspot.com/search?q=ci

We see hundreds of patients a year that should be diagnosed and then treated for this disorder. Are you making the diagnosis? You should conduct a cover test at near, near point of convergence, positive/negative fusional vergence ranges at near, NRA/PRA and other accommodative tests. If the findings support a Dx of Cl...send them to the Peds/BV Service immediately!

Child Abuse

Are you working with a child with amblyopia who refuses to wear their eye patch? One group of OMDs thought it was a good idea to sew on an eye patch! More information about this clinical case report can be found (http://mainosmemos.blogspot.com/2008/10/s utured-protective-occluder-for-severe_22.html). In my opinion the octors who conducted this research, institutional Review Board, Journal Review Board and Editor should all resign their positions immediately. This is no good science...it is not good medicine it is child abuse!

ICO Visits Norway!

Dr. Down of Maino will be in Norway at the end of October and Deginning of November,

where he will be the keynote speaker for

the Norsk Selskap for Optometri Syndromer Optometrikongress in Oslo (actually just outside of Oslo in Asker, Norway).



Save the Date!

Mark your calendars NOW! The 12 Bars of Christmas sponsored by the 2nd year class will be held Saturday, December 6th in Wrigleyville. More information on times, bars, and t-shirt sales will be forth coming!

Tiffany Andrzejewski

Spotlight on the Dibrary

by Kathryn Johnston
Information Systems Distrarian

Library Hours for Exams and Fall Break (check our website and sign for changes)
Friday, October 31 7:00 am-Midnight

Saturday, November 1 8:00 am-5:00 pm

Mon, November 3-Fri, November 7

8:00 am-5:00 pm

Saturday, November 8 9:00 am-5:00 pm Sunday, November 9 Closed

Mon, November 10- Resume normal hours

Poster:

Stop by the library lobby to see the poster "Reported Symptomology of those with Mental Illness and Dual Diagnosis (MR/MI)" by Drs. Robert Donati, Dominic Maino, Heidi Bartell and Mindi Kieffer. Contact the authors for further information.

Winter Quarter Library Job Openings

Please contact Darlene Ward at dward@ico.edu or ext. 7151 if interested in working for the Library. As of the deadline for this article, there were still positions available.

The Library has many books to help students review for the NBEO Boards. Most of the books are on reserve for three hours but some of the ophthalmology board review books may be checked out for 7 days or even four weeks.

Study Skills

Now that the term is over, are you happy with the results? The Library carries books on how to improve your study skills, and also books on dealing with stress.

Improving memory and study skills: advances in theory and practice, LB2395 .H45 2002 Studying & test taking made incredibly easy! R737 .S82 2000

Study without stress: mastering medical sciences, R737 .K45 2000

Stressed Out?

Yoga for stress [DVD]: doctor-designed Yoga remedies for stress relief, DVD 7

De-stressing doctors: a self-management guide, R690 .S97 2003

The relaxation & stress reduction workbook, RA785 .D374 2000

Breathe well, be well: a program to relieve stress, anxiety, asthma, hypertension, migraine, and other disorders for better health, RA782 .F75 1999

Happy Halloween! Enjoy the break and we look forward to seeing you next term.

Attention Third Year Students

Please note – for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 9 and 10, 2008 from 8 am to 4 pm. in the Gym. Reminders and

sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

CLASSIFIEDS

No Classifieds at this time.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Indiana, Bloomington

The Indiana University School of Optometry has the following residency programs:

Contact Lens - Bloomington IN

Ocular Disease - Bloomington, IN

Ocular Disease, UK Dept of Ophthalmology & Vision Science - Lexington, KY

Ocular Disease Bennett & Bloom Eye Centers Louisville, KY

Optometric Refractive and Ocular Surgery,
Wang Vision Institute - Nashville TN
Ocular Disease - Huntington VAMC, WV
Pediatric Optometry -

Primary Eye Care - Bloomington, IN
Primary Eye Care - Lexington VAMC, KY
Primary Eye Care, Illiana Health Care
Systems -Danville, IL

Primary Eye Care, Guanajuato Eye Care Center, Centro de Rehabilitation Visual -Guanajuato, Mexico

Oklahoma, Tahlequah

Northeastern State University has the following residency programs:

Family Practice Optometry – Tahlequah, OK

Cornea and Contact Lenses – Tahleguah, OK

Ocular Disease -Triad Eye

Medical Clinic and Cataract Institute -



Tulsa, OK
Ocular Disease – BVA Advanced Surgical
Eye Care West – Elk City, OK
Ocular Disease – BVA Advanced Surgical
Eye Central – Edmond, OK
Ocular Disease BVA Advanced Surgical Eye

Care Tulsa - Tulsa, OK

Primary Eye Care – Fayetteville VAMC,
Fayetteville, AR
Primary Eye Care – Muskogee VAMC,
Muskogee, OK
Primary Eye Care – Amarillo VAMC, Amarillo,
TX



SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

All Scholarship Illioi illa	cion can be found in the 3 drawer	of the capmet on t	ne South wall.
Scholarship	Who's Eligible	Amount	Deadline
Dr. Leslie Mintz Scholarship Foundation	Practice in NJFinancial NeedAcademic Excellence	\$1,000 to \$2,500	November 30, 2008
Alcon 4 th Year Optometry Student 2009 Case Study Award	 4th Year Write a case report 	\$1,000, National winner additional \$5,000	January 31, 2009 to Student Affairs Office
Dr. Stanley Pearle Vision Scholarship Fund	• Graduating class of 2010, 2011, and 2012	(10) \$2,000	April 15, 2009

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Fitness Center Missing Items

Please avoid taking Fitness Center equipment out of their respective areas. Several racquets, balls, mats, etc have gone missing. The fitness equipment is for everyone's use. When equipment goes missing or is vandalized takes funds away from new equipment like speed bags, functional training equipment, guest speakers, etc.

Winter Group Exercise Schedule

down

Look for a new exercise schedule coming November. Classes have been added at additional times to meet your needs. Classes like Hatha Yoga will now be offered on Mondays at 10-11am and Mechesdays 12-12:45pm. For the current group exercise schedule, please log on to the View http://theview.ico.edu/ics/Fitness.

Wipe Down and Escape Gym Germs

While working out, people often sweat, cough or sneeze, leaving behind germs that can spread the common cold, bacteria, viruses and many types of illness. The Fitness Center provides gym wipes that are virucidal, bactericidal, tuberculocidal, pseudomonical. The formulation begins to eliminate germs on contact, and once it has fully evaporated, the germ-killing action is complete. So make sure to wipe equipment and mats before and after use.



October 20, 2008

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 7	February 9	February 10	February 11	February 12	February 13	February 14
9:00 -		BHS 263.1	CLE 270.2	N	BHS 245	CLE 262.4	BHS 140.1
11:00	Human Physiology & Pathology II	Ocular Disease	Ophthalmic Optics III	O.C.	Color Vision	Intro to Binocular Anomalies	Sensory Aspect of Vision I
11:30		BHS 107	BHS (20.2		BHS 150.2	CLE 162.2	
- 1:30		Ocular Anatomy	Geo. & Déoretical Optics II		Biochemistry II	Optometry 1.1	
1:45 -	CLE 376.1	BHS-364	BHS 363.4		BHS 360.2		CLE 367
3:45	Strabismus & Amblyopia	Neuro- Ophthalmic Diserders	Gen & Ocular Emergencies		Clinical Medicine II		Low Vision
4:00 -	BHS 254.2						CLE 262.2
6:00	Pharmacology						Optometry 2.2

	-	PLEASE NOTE THE ROOM YOU	AT 8:00-8:50 AM UNLESS OTHERW WILL BE TAKING THE TEST. IT IS NOT	ALWAYS THE SAME
	12/3 W	FIRST YEAR	SECOND YEAR BHS 254.2 General and Ocular Pharm Room 1200-1203	THIRD YEAR CLE 376.1 Strabismus and Amb Room 1201-1202
	12/4 Th	BHS 150.2 Biochemistry II Room 1200-1203	ga Sangicai Aya	
	12/5 F		CLE 262.2 Optometry 2.2 Room 1200-1203	5 10
	12/8 M	BHS 107 Ocular Anatomy Room 1200-1203	CLE 270.2 Ophthalmic Optics Room 1201-1202	
	12/10 W	BHS 120.2 Geo/Theo Optics II Room 1200-1203	NOOH 1201-1202	
	12/11 Th	700m 1200-1200	BHS 263.1 Ocular Disease I Room 1200-1203	BHS 360.2 Clinical Medicine Room 1201-1202
	12/12	BHS 140.1 Senosry Aspects of Vision I	Nooii 1200-1200	NOOIII 1201-1202
	F 12/15	Room 1200-1203	CLE 262.4 Intro to Binocular Anomalies	
	M 12/16	BHS 116.2 Human Physiology	Room 1200-1203	BHS 364 Neuro-Ophthalmic Dis
	T 12/17	Room 1200-1203	BHS 245 Color Vision	Room 1201-1202
	W	prijesty T	Room 1200-1203	
	12/18 Th	CLE 162.2 Optometry 1.2 Room 1200-1203		CLE 367 Low Vision Room 1201-1202
	12/19 F	rangy floorie.	BHS 248 Persp on Behavioral Disorders Room 1200-1203	20/2
	1/6 T	BHS 150.2 Biochemistry II Room 1200-1203	CLE 270.2 Ophthalmic Optics II Room 1201-1202	
	1/7 W	nie Practice de Arche	dan am plan insoln	BHS 363.4 Gen. & Ocular Emer Room 1200-1203
	1/9 F	BHS 107 Ocular Anatomy Room 1200-1203	BHS 254.2 General and Ocular Pharm Room 1201-1202	
	1/12 M	BHS 120.2 Geo/Theo Optics II Room 1200-1203		CLE 376.1 Strabismus and Amblyon Room 1201-1202
	1/13 T	Street, Santar Ros	CLE 262.2 Optometry 2.2 Room 1200-1203	-0,0
	1/14 W	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203		
	1/15 Th			BHS 360.2 Clinical Medicine Room 1200-1203
	1/16 F	BHS 116.2 Human Physiology Room 1200-1203	CLE 262.4 Intro. To Binocular Anomalias Room 1201-1202	DA
	1/20 T	CLE 162.2 Optometry 1.2 Room 1200-1203	BHS 263.1 Ocular Disease Room 1201-1202	5 6
	1/21 W		20	BHS 364 Neuro-Ophthalmic Disord Room 1200-1203
	1/22 Th	BHS 107 Ocular Anatomy Room 1200-1203	CLE 27 .2 Dontfabriic Optics	
	1/26 M	BHS 150.2 Biochemistry II Room 1200-1203	BAS 245 Color Vision Room 1201-1202	
	1/27 T		<u>J</u>	CLE 367 Low Vision Room 1200-1203
	1/29 Th	BHS 140.1 Sensory Aspects of Vision Room 1200-12 (3		
	1/30	1301120	BHS 254.2 General and Ocular Pharm	Primary Care Conference Exar
	F 2/2	BHS 120.2 Geo/Theo Optics II	Room 1200-1203	Room 1201-1202
	M 2/4	Room 1200-1203	BHS 248 Persp on Behavioral Disorders	
	W	V.	Room 1200-1203	
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Focal Point

Student Association Events

12 Bars of Christmas: Saturday, December 6th from 6pm-midnight

This year our annual pub crawl will be in Wriglevville. A half an hour will be spent at each of the 12 bars and there will be drink specials at each of them. However, the only way to get the drink specials is to buy a wristband (\$8) and wear it on the night of 12 bars. 12 Bar T-Shirts will also be on sale next week: short sleeved shirt is \$7.50 while

a long sleeved shirt is

\$9.50. Sign-ups for both T-Shirts and wristbands will be available re-Monday - Thursday (Nov. 17-20) outside Room 1200. If you have any questions clease ask the 2nd year class reps: Jen Specht or Jackie Saltee!

Thanksgiving Food Drive When: Now until November

With the holiday approaching, it will be a great opportunity to show our support to our community. Our Panksgiving Food Drive will start this weekend and end on Nov. 21th, just before our break. All food will be donated to the St. James Food Pantry. Next time you go



your own grocery shopping, try to purchase a few extra items. Boxes will be placed in the RC and in the President's Lounge. It will be great if we can all try to donate

> nonperishable some foods.

We come Back!

new quarter has now begun the Student Association would like to welcome everyone We everyone had a nice, relaxing week off and is ready to get started on a new quarter. First years, good luck as you

begin to learn entrance testing in your first optometry lab. As for the second years, good luck on a challenging quarter that entails gonioscopy, slit lamp, and lots of time being dilated for BIO. Third years, keep up the hard work as board reviews start to get into full swing, and last but not least, best of luck to all 4th years as you start a new externship site. To those 4th years returning to ICO, it's nice to have you back! As always, remember that the Student Association and your class reps are here for you if you need anything or have any problems. We're always happy to help! Best of luck on a new quarter,

The Student Association

"You shared the spark, You fanned the flame, You fed the fires, You passed the Names. For all those known and For all unnamed. For all who have walked We raise this toast, With thanks this day. - Mike Garofalo, Kindreds. RA Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a 2009-2010 RC Resident Assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications are currently available in the Student Affairs Office. Applications must be submitted by Monday, December 15th. If you have any questions about the position please feel free to contact an RA to find out more about it!

Did you Know?

Dr. Colip

Effect of Long-Term Wear of Low- and High-Dk Soft Lenses on Corneal Epithelium

Seventeen high-Dk lens wearers and 24 low-Dk lens wearers who had worn lenses on an extended wear basis for more than 3 years (range: 3-22) were compared to a group of 22 age-matched subjects who had never worn contact lenses to measure the effects of long-term wear of soft lenses of low and high oxygen transmissibility (Dk) on basal epithelial appearance and epithelial thickness. Cell regularity and the intensity of light backscattered by the

confocal microscopy.

Epithelial thickness was measured at the center and at four peripheral locations using modified optical pachymetry.

basal epithelium were

Epithelial basa cells appeared less regular in low-Dk lens wearers than in high Dk wearers or controls. The intensity of backscattered light did

not differ across groups. Low-Dk wearers had the thinnest epithelium (46 [10] mum), followed by high-Dk wearers (54 [14] mum) and controls (58 [9] mum). Topographical position did not affect epithelial thickness.

Visible alterations to the basal epithelial cells can only be detected in long-term extended wearers of low-Dk soft lenses. Extended wear of high-Dk soft lenses results in topographically uniform epithelial thinning that is significantly less than the thinning seen with low-Dk lenses. Confirmation of these findings using groups with evenly matched duration of lens wear is required.

SOURCE: Jalbert I, Sweeney DF, Stapleton F. The effect of long-term wear of soft lenses of low and high oxygen transmissibility on the corneal epithelium. Eye 2008; Oct. 10 [Epub ahead of print].

Nine-Year Incidence and Risk Factors for Pterygium

A total of 1888 black participants, aged 40 to 84 years, who were free of pterygium at baseline and received an ophthalmologic study examination at a 9-year follow up to present incidence data and associated risk

participants. Risk factors were initially identified using Mantel-Haenszel analyses, and significant factors were subsequently included in multivariate logistic regression models. Odds ratios (OR) and 95% confidence intervals (CI) are provided.

"How wonderful it would be if we could be our children and grandchildren to cain thanksgiving at an early age.

Thanksgiving opens the doors. It changes a child's personality. A child is resentful, negative—or thankful.

Thankful children want to give, they radiate happiness, they draw people."

- Sir John Templeton

assessed

The 9-year incidence of pterygium was 11.6% (95% CI, 10.1-13.1), with no clear pattern with increasing age and statistically differences significant between genders. Multivariate logistic analyses regression indicated that having a lifetime outdoor job location was positively associated with the development of pterygium (OR = 1.51; 95% CI, 1.05-2.16), whereas darker skin color (OR = 0.67; 95% CI, 0.46-0.97) and use of any prescription lenses (OR = 0.58; 95% CI, 0.42-0.81) were found to be protective factors.

The incidence of pterygium was high in this population, for an average of 1.3% per year. Working outdoors increased the risk 1.5-fold, whereas having a darker skin complexion and using eye wear for either reading or distance substantially decreased the risk of developing pterygium. These data suggest that absorption of ultraviolet light plays a role in this condition and that preventive strategies are needed to decrease the burden of pterygium development in this and other populations.

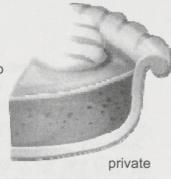
SOURCE: Nemesure B, Wu SY, Hennis A, Leske MC; for the Barbados Eye Studies Group. Nine-Year Incidence and Risk Factors for Pterygium in the Barbados Eye Studies. Ophthalmology 2008; Oct. 17 [Epub ahead of print].

Residency Information to all 4th year students!

Residency Application Information From Dr. Stephanie Messner

Chair, Post-graduate and IEI-based Education This is a busy time of year for fourth year students. You're probably intensely preparing for NBEO Part II (you should be!) but you may also be doing some serious thinking about your plans for after graduation Although there are many options available to you, you may want to consider doing a post-graduate residency program. Residency training enables you to develop advanced competency in a particular area of optometry. It is a highly desirable (if no equired) credential if you want a career in academia, government service • (Veterans Affairs, Indian Health Service and some other venues. people pursue residency training intending to enter private practice upon completion. These individuals see value to being able to offer a

higher level of care to their patients and may find that it makes them more marketable as they seek a position in the sector.



Residency training is NOT just for the students with the best grades and NBEO scores. I have spoken with many students over the years who think that because they have average grades and average NBEO scores that they would not be considered for a residency position. This is an incorrect assumption! I have seen "average" students go on to be excellent residents. Motivation is an important factor in the process of selecting residents. Certainly a strong academic background helps to support an application, but it is not the only thing that most programs look at. If you have average grades, have done reasonably well in your clinical rotations, have passed NBFO and are really interested in doing a residency, go for it! It's likely that you'll be able to secure a position in one of the programs that interest you. Results for NBEO Il typically are reported around the time that most residency interviews take place. One of the most important things that you can do for our residency application is to pass Part II in December. Candidates who haven't passed at the time of the match are considered "risks" to the programs, as they will not be eligible for licensure if they don't pass the 2nd administration in April.

If you are considering residency training, NOW is the time to start exploring your options. There are many good sources of information to help get you started. The ICO Student Affairs Office maintains a file of all recruitment materials that I receive from other Residency Directors. Some schools will send enough brochures to distribute to all 4th year students, which are then placed in your mailboxes. In addition, the Association of Schools and Colleges of Optometry (ASCO) maintains a web site (www.opted.org) that

includes detailed information about specific residency programs. Many of the programs that are listed have links to their own program web page. Another excellent resource is the Optometry Residency Matching Service (ORMS) web site (www.orms.org). ORMS is the application service for virtually all optometric residency programs. If you should decide to apply to residency programs, you will need to go through ORMS. But you can also utilize the web site to access information about programs prior to applying. Should you decide to apply to any programs, ORMS will handle the application process for you. They charge a fee of \$30 which allows you to apply to up to 5 programs. There is a \$10 additional fee for every program over the initial 5 to which you apply.

The application process is explained clearly and in detail on the ORMS web site. When you make application to a program, ORMS notifies the program coordinator of your application. But you must also contact the program coordinator and submit a letter of introduction, optometry school transcript, NBEO transcript, and letters of recommendation.

Here are some important deadlines to keep in mind:

Application deadline to most programs is Feb. 1. This isn't just the date by which you have to make your application through ORMS: many programs will use this as the deadline for submission of all of your application materials. ORMS requires you to pay your application fee by this date as well. Although the application deadline is Feb. 1, you should not wait until late January to contact the coordinators of the programs that you are interested in. Many programs will begin their interviewing process late January/early February. It can be difficult to schedule an interview and make travel plans if you wait until the last minute. Apply now. As the saying goes, "early is on time, on-time is late and ate is unacceptable!"

The deadline to submit your program rankings for the upcoming residency year is March 6, 2009. The way the match works is as follows. Candidates apply to programs and interview for positions. At the end of the interview process, candidates will rank the programs to which they have applied from most desired to least desired. This is done on-line. programs do the same thing, ranking the candidates from most desired to least desired. ORMS job is to then match the programs and candidates based on these rankings. Candidates are notified within days of the match date of the result. Candidates who may not match with a program are then given information about programs that did not match, so there's still opportunity to secure a position following the match. Again, don't wait until the last minute to submit your rankings. If there is an internet server problem on the 24th that isn't solved quickly, you could end up being shut out of the match I'd recommend that you submit your rankings about a week in advance, just to be safe.

A few things to keep in mind about the match:

- 1. If you match with a program, you are expected to follow through and participate in that program. So if you don't want to you to a particular site, do not rank it. You can't match with a site that you do not include in your program rankings. If you know that you are not going to rank the site, be fair to the program coordinator and let him or her know that you are withdrawing your application. They could otherwise "waste" a number one ranking on you!
- 2. The match is intended to be fair. Program coordinators are not permitted to try to "pre-match" with a candidate. In other words, it is not acceptable for a program coordinator to tell you "I'm going to rank you as number one, so if you rank me as number one we'll be sure to match". If

anything like that happens, you should report it to ORMS or to me. Keep in mind that it is perfectly acceptable for the program coordinator to tell you that you have a strong application or that they would love to have you as a resident next year, but nothing more specific than that.

If you would like to discuss the value of doing a residency or if you have questions about specific programs or the application process, please feel free to contact me at smessner@ico.edu or 312-949-7015.

Fellowship of Christian Optometrists

Haiti Mission Trip

We are sending a medical mission team to Haiti this February, but we need your help!! Stop by our table Nov. 19-21 to buy a navy blue lunchbox cooler with the official ICO insignia. The cost is only \$8 and all proceeds will go towards making it possible for a Haitian to have an eye exam.

Support the Troops!!!

Stop by outside 1200 Nov. 19-21 to write a letter of support to the troops overseas this holiday season. No matter what holiday you celebrate, the troops would love to hear that you are thinking of them while they are fighting for our country and away from their families. We will supply the cards, paper, markers, etc. so just stop on by to send an encouraging word or thank you overseas! If you want to bring in letters written at home, we will gladly mail them also!

New Meeting Room

The Fellowship of Christian Optometrists has a new meeting location: the Third Floor Conference Room! Meet us there on Thursday nights at 6:30pm for some

areat fellowship and discussion.

Apy questions? Contact Kevin Harris at KHarris@evedoc.ico.edu

Tech Tips

Ahmed Mohammad

Zoom in on your data in seconds (Excel 2003)

If your mouse has a wheel, You may not realize that you can also use it to change the zoom percentage for your view of the worksheet.

To do so, hold down the [Ctrl] key and move the scroll wheel. Rolling the wheel down decreases the zoom percentage and rolling it up increases the zoom percentage. Note that if you're using Excel 2000, the zoom will only go up to 100 percent.

Creating an out-of-office Rule in GroupWise desktop client:

You can create a rule that automatically replies to your incoming tems while you are out of the office then stops replying when you return.

- 1. Select **Tools Rules** from the Main Menu or Main Menu drop-down arrow.
- 2. Click New.
- 3. Ope a name for your rule.
- 4. Check Received.
- 5. Check **Define Conditions**.
- 6. Select Delivered.
- 7. Select On or Before Date <=:
- 8. Enter the date you will return
- 9. Click OK.
- 10. Click the Add Action button.
- 11. Select Reply.....
- 12. **Mark Reply to Sender** and click OK; to include the original message in the reply, check the corresponding box.
- 13. Type a message for your vacation reply.
- 14. Click OK.

15. Click Save and Close.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Library hours for Thanksgiving (check our website and sign for changes)

Fri, November 21 8:00 am-5:00 pm

Sat-Sun, November 22-23 Closed Mon, November 24- 8:00 am-5:00 pm

Mon, November 24-Tue, November 25

Wed, November 26 8:00 am-1:00 pm

Thu, November 27- Closed

Sun, November 30

Mon, December 1- Normal hours resume

Library Poster Display

The latest poster on display in the library lobby is "Effects of Gender and Access to Health Care on Correctable Visual Impairment in a Low-income Uninsured Population" by Dr. Janis Winters. Stop by to see the work of your faculty. Remember to direct all questions to the author.

Reserve Books

Due to the long Thanksgiving holiday, any reserve books checked out after 10:00 am on Wednesday, November 26 will not be due until 9:00 am on Monday, December 1, 2008.

WilsonWeb

The ICO Library now provides access to WilsonWeb from the Library's website at http://icolibrary.library.htm. WilsonWeb will be very useful for finding full-text articles for topics other than vision science and optometry. It provides full-text from 2422 magazines and journals in areas such as biology, education, law, psychology, and business. Please contact a librarian if you want help in using this new resource.

Happy Thanksdiving and we look forward to seeing you in the Library!

Attention: Third Year Students

Please note – for planning purposes (hair

cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 9 and 10, 2008 from 8 am to 4 pm. in the Gym. Reminders and signup sheets will be posted on the third year bulletin board during the first week of winter quarter.

CLASSIFIEDS

No Classifieds at this time.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Optometric Residency Programs, Pacific University

Primary Eye Care Department of Veterans Affairs – Roseburg VA Medical Center, Roseburg, OR

Primary Eye Care Geriatric Optometry
Department of Veterans Affairs – Spokane
VA Medial Center, Spokane, WA

Cornea and Contact Lenses - Pacific University and Associated Clinics, Forest Grove and Portland, OR

Contact Lens and Primary Eye Care -Alaska Eye Care Centers, Anchorage, AK

Ocular Disease Refractive and Ocular Surgery
- Eye Care Associates of Nevada, Reno
and Las Vegas, NV

Vision Therapy Rehabilitation and Pediatric Optometry, Pacific University and Associated Clinics - Forest Grove and Portland, OR

Primary Care, Refractive and Ocular Surgery Co-Management -IRIS Ophthalmology Clinic, Langley, BC

Primary Eye Care Department of Veterans Affairs, Portland VA Medical Center, Portland, OR

Geriatric Optometry Primary Eye Care -Department of Veterans Affairs, VA Puget

Sound Health Care System, American Lake Division, Tacoma, WA Jonathan M. Wainwright Memorial VA Medical Center - Walla Walla, WA Primary Eye Care Department of Veterans Affairs - Portland VA Medical Center, Portland, OR

Washington

Residency in Primary Care Optometry - Group Health Cooperative, Seattle WA Residency in Primary Care Optometry -Group Heath Cooperative, Tacoma, WA

Affiliated Residency Programs, State University of New York State College of **Optometry**

Cornea and Contact Lenses Family Practice Optometry Family Practice Ocular Disease Optometry Low Vision Rehabilitation Ocular Disease Optometry **Pediatric Optometry** Primary Eye Care Optometry Vision Rehabilitation (Acquired Brian Injury)/Primary Eye Care Optometry Vision Therapy and Rehabilitation VA Ocular Disease/Primary Eye Care Optometry VA Primary Eye Care Optometry VA Primary Eye Care/Vision Therapy and Low Vision Rehabilitation

For all scholarships and fellowships, please stop by the Student Affairs, Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

	South Wall.			
	Scholarship	Who's Eligible	Amount	Deadline
	Dr. Leslie Mintz Scholarship Foundation	Practice in NJFinancial NeedAcademic Excellence	\$1,000 to \$2,500	November 30, 200
	Alcon 4 th Year Optometry Student 2009 Case Study Award	4 th Year Write a case report	\$1,000, National winner additional \$5,000	January 31, 2009 t Student Affairs Office
	Chicago Area Schweitzer Fellows Program	 Health professions, Graduate level-degree in Chicago Area Projects include 200 brs through a community based agency 	\$2,000 stipend	Applications received by Friday Feb 6, 2009 to the Chicago Area Schweitzer Fellow Program
	Dr. Stanley Pearle Vision Scholarship Fund	• Gradinating class of 2010, 2011, and 2012	(10) \$2,000	April 15, 2009
	The Student Affairs Office	e has more information, so stop by and	d check it out	
jigiti				

FITNESS CORNER

Winter Group Exercise Schedule

The new group exercise class schedule has begun! In an effort to better meet the needs of students, additional class times have been added. Classes like Hatha Yoga will now be offered on Mondays at 10-11am and Wednesdays 12-12:45pm. For the current group exercise schedule, View please log on to the http://theview.ico.edu/ics/Fitness.

Please note: The schedule is subject to change due to new instructors, illness, gym closings, low numbers, etc. Classes with less than 2 people will be canceled.

November Health & Wellness: "Sweat Out" A Fever

If you have a fever, you shouldn't be

exercising. Exercising with a fever increases your risk of directing the infection toward the heart and developing myocarditis, a life-threatening infection of the heart.

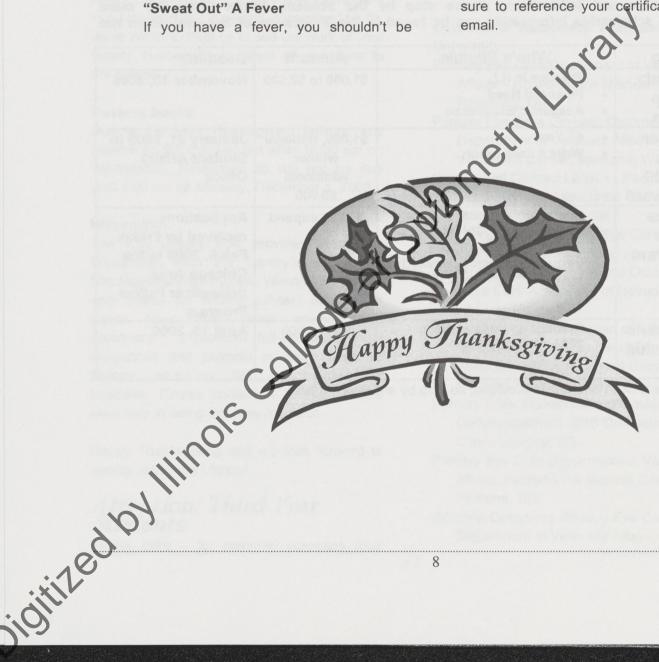
Massage Therapy Gift Certificates

If you received a massage therapy gift

certificate and would like to schedule your session, contact Shirmel Richards at srichards@ico.e du.

Appointments are available on

Tuesdays from 10am-3pm only. sure to reference your certificate in your email.



ICO Student Newsletter - Editor: Kathy Brownfield x7401 - December 12, 2008



Focal Point

CAMPUSNEWS

A Time for Reflection & Goal Setting

This will be the last newsletter that you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that perhaps you have not had much time to relax and enjoy the beauty of the holiday season.

The holidays will hopefully present each of you with some much needed time for rest and reflection. I urge each of you to use some of that time to reflect upon your career development to this point. You each selected ICO's excellent doctoral education program to assist you in becoming an outstanding doctor of optometry. This is accomplished in a number of ways both in and outside of the classroom. Take some time to reflect upon your personal development. Are you progressing at the rate that you want? Are you getting everything possible out of your ICO education? Most find that what you get out of your education is directly related to the amount of effort that you have put into it. Have you been putting in maximum effort?

Perhaps the holidays would be a good time for you to set some personal goals to fulfill upon your return to the many outstanding resources available to you during your remaining time at ICO.

In closing, let me issue my yearly challenge to each of you to take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of Santa Claus.

This is a wonderful season and you should enjoy its magic.

Best wishes to all for safe travels and happy holidays! See you next year!

Dr. Colip

ojil Zed by Illinois

The next Focal Point will come out January 9, 2009

All students

On Jan. 12-14, 2009, two accrediting bodies will have representatives visiting ICO to verify materials submitted in ICO's Self Study's for both the with renewal accreditation Optometric Accreditation Council on Education (ACOE) and the Higher Learning Commission (HLC). A great deal of preparation has been going on behind the scenes at ICO in anticipation of these important visits. Both of these organization's review and approval of ICO's policies, procedures and operations will allow ICO to retain full accreditation and thus ensuring the ICO Doctor of Optometry (O.D.) degree retains its full value.

Once we receive the schedule of meetings for those dates, we will share those details. There will be meetings with many groups, which typically includes a meeting with student leadership (SA) as well as an open meeting with any student interested in attending. Those important meetings help the representatives to obtain a sense for student's self-appraisal of their ICO education and play an important factor in their overall impressions of ICO.

If any students would like to review the volumes of materials prepared in advance of the visit, the "Self-Study's" are available for review in the Reserve section of the Library and on TheView. I am not aware of the final page count for all volumes but I am on it all weighted 34 lbs., so probably not wise to hit "print".

Please help welcome our important visitors in January when you see them.

If you have any objections regarding the visit or ICO's accreditation, please see Dr. Colip or Dr. Daum

Holiday Happiness

By Beth Karmis, Director of Student Counseling and Enrichment

Feeling "Connected" Can Enhance Life Satisfaction

People approach counseling with challenging and diverse circumstances but at the heart of most conversations is a feeling of not "fitting in". And although the "not fitting in" part is common, it is always disappointing to hear because most feelings of isolation can be remedied without years of therapy or pharmaceutical intervention.

We are a small community at ICO. Most of us recognize each other, we're familiar and know each other by first name. How could anyone be lonely or isolated here? Sometimes it is something about the individual...shyness, a dip in self confidence, slightly clouded perception of self and others, etc. Sometimes it is the group or "clique" mentality – the belief that everyone has all the friends they need and have no desire to engage new people. Usually it is a combination of these factors.

Whether ou've felt isolated (even a scant feeling of not fitting in) or have never, ever felt this way – the message to you is the same. Although the academic year is almost half ever, and a new calendar year is upon us... it is not too late. It's not too late to be mindful of that person in your class who seems to never show up to things. Make a point of asking them. It's not too late sit somewhere else in 1200. Talk to someone you haven't really chatted with between lectures or at lunch. Make an effort to include people you don't always think to include.

If you're on the other side of the fence, do one new thing. One thing doesn't have to take a lot of time nor does it have to interfere with your study schedule. If you've been "trying" to make time to get to SVOSH chamber

hours...make it a priority this once. (They're really very nice.) Head to the gym or fitness center and leave the ipod at home. Make a point of initiating a conversation with one new person.

Consider finding an opportunity to volunteer somewhere. Student Association always has service projects going on, the Drake tutoring program welcomes new tutors, or go online to a site like VolunteerMatch.com. If you need encouragement or support, please consider talking to someone. Counseling is a free service to ICO students (ext. 7415 to make an appointment).

For employees of the College, there is an employee assistance program in place called LIFEWORKS. There is both a virtual (LifeWorks.com - user ID: Illinois password: 5073) and a live (877-234-5151 confidential, 24/7) component. The website is loaded full of great information and the people on the assistance line are very understanding.

Tips to beat the holiday blues

I'd like to share the following article, presented here with permission of my colleagues at Savannah College of Art & Design - Tamara Knapp-Grosz, Ph.D., and Don Musick, MA, CACII, CCS

Students often mention that they wish th holiday season was already over and done with. They also report high levels of stress Thanksgiving, related Christmas and Kwanzaa. Considering the amount of travel and expenses involved, anxiety at this time of rear is not uncommon.

There are also those who do not have a family to visit. Others do have a family, but do not have the money to travel and buy gifts. Unfortunately, not want to visit their some do relatives or have to choose which set of relatives with whom they will spend time.

delevision is constantly selling an

image of the perfect time for presents, relationships, and food. Don't buy it. During the holidays, we tend to view everyone else as having more fun than we are. The truth is, the holidays are not perfect for anyone. If a significant other was a pain in the neck in October, that person will still be a pain in the neck in December. Recognize that it is a tough time of the year and there will be stress. We need to know what to expect and realize that our feelings are OK.

Don't take on tasks that you don't really want to do. If you like to entertain friends, but can't afford the food, host a potluck supper. Let some things slide. Your family or friends will survive if your house or apartment is dusty. Also, don't deprive yourself of food, which has symbolic meaning during the holidays. This does not mean to stuff yourself; eat a lowcalorie snack a half hour before a big meal. It is also important to take time out to do something you enjoy like jogging, reading or renting your favorite movie to watch alone.

Instead of stressing over buying expensive gifts, your might write to your favorite relatives, letting them know your feelings. You can also give the plants, which cost considerably less than items such as a DVD player, video games, jewelry, etc. Some also choose to volunteer at nursing homes or homeless shelters.

The following are some tips to combat holiday

- Reconnect or establish support systems.
- Take part in fun and laughter.
- Allow yourself to grieve if needed.
- Create new traditions or restart old ones.
 - Make an "I'm thankful for ..." list Practice good health habits.
 - Accept what you cannot
 - change.
 - Let yourself play.
 - Don't over-plan.
 - Be patient and tolerant of self and others.

Toy Drive

4th Annual ICO Toy Drive till Dec 13th, 2008.

Get in the holiday spirit and pick up a stocking from the Christmas Tree outside 1200 and drop your present off under the tree.

Students can make monetary donations by signing your student accounts (sheets will be rotated in class). All donations will be made to the sick children at Mercy Hospital.

Eyepod Grand Opening and Dedication

Saturday, January 10th

Join us to celebrate the completion of the Enhanced Learning Center – "Eyepod" during the Grand Opening and Dedication event on Saturday, January 10, 2009, from 4:00 – 6:00 p.m.

*Light refreshments will be served.

*Faculty presentations/demonstrations are planned for the labs and classrooms.

*Recognition will be given to the generous individuals and corporations who have made contributions to name a lane or room on the 3rd floor.

Please RSVP by January 5, 2009, by contacting Connie Scavuzzo in the Alunni Relations/Development Office at 312-949-7080 or alumni@ico.edu.

Did you Know?

Dr. Colip

- Dry Eye Syndrome is a common disorder of the eye's tear film and impacts millions of people worldwide.
- Dry Eye Syndrome is the most common treatable eye disorder in North America and is a confounding factor in a wide variety of eye diseases.

One in four ophthalmic patients report dry

Women are twice as likely as men to suffer from dry eye.

- Dry Eye Syndrome is often associated with other diseases such as diabetes and auto-immune diseases
 - Dry Eye Syndrome is prevalent during menopause
- Dry Eye Syndrome impacts up to 11% of those between 30 and 60 years of age and up to 14% of people over age 65.

Mainos Memos

Principles of Experience-Dependent Neural Plasticity: Implications for Rehabilitation after Brain Damage and how it relates to Vision Therapy

While writing a paper for the *Review of Optometry* on neuroplasticity I found this gem by Kleim & Jones: Kleim JA, Jones TA. Principles of experience dependent neural plasticity: implications for rehabilitation after brain damage. 1 Speech Lang Hear Res. 2008 Feb;51(1):S225-39

In their paper, they list 10 key principles that should be followed to take advantage of any neuroplasticity present and to improve function. These principles include:

- Use it or lose it (if you do not drive specific brain functions, functional loss will occur)
- 2. Use it and Improve it (therapy that drives cortical function, enhances that function)
- 3. Specificity (the therapy you choose determines the resultant plasticity and function)
- 4. Repetition matters (plasticity that results in functional change requires repetition)
- 5. Intensity matters (induction of plasticity requires the appropriate amount of intensity)
- 6. Time matters (different forms of plasticity take place at different times during therapy)
- 7. Salience matters (it has to be important to the individual)
- 8. Age matters (plasticity is easier in the

younger brain, but possible in the adult)

- Transference (neuroplasticity and the change in function that results from one therapy, can augment the attainment of similar behaviors)
- 10. Interference (plasticity in response to one experience can interfere with the acquisition of other behaviors)

These principles are perfect for those of us doing optometric vision therapy. Use this as a guide for all our patients and you will put neuroplasticity to work for you!! BTW my paper should appear in the January issue of the Review of Optometry....or soon after. For this and all the latest information on research in children's vision, binocular vision, optometric vision therapy and the special needs patient, go to http://www.mainosmemos.blogspot.com.

Dominick M. Maino, OD, MEd, FAAO, FCOVD-A

Tech Tips

Ahmed Mohammad

Don't touch that mouse (PowerPoint 2000/2002/2003/2004). Keyboard Short cut for Power Point

To avoid the distracting mouse pointer on screen. Use these keyboard short cuts to keep your audience focused directly on your presentation content.

Helpful Keyboard Shortcuts

Move to the next slide

[Right arrow key],[Enter],[Race Down], or [Spacebar]

Move to the previous slide [Left arrow key], [Backspace](Windows), [delete](Mack) or [Page Up]

Jump to the last slide

ump to the first slide [Home]

Jump to the numbered slide

Number + [Enter]

Quit slide show

[Esc]

Temporary Absence Greeting (TAG)

The TAG greeting allows you to record and schedule a temporary greeting to be heard while you are out of the office. This greeting provides a special alert if callers try to bypass it. The greeting can be scheduled to end at a specific date and time (the system then reverts to your normal greeting).

- 1. Access your mailbox.
- 2. Press 82.
- 3. Press 3, for the Temporary greeting.
- 4. Press 5, after the tone record your temporary greeting press #, when completed.
- 5. Press 76, to delete and re-record the message.
- 6. Press 9 to set the expiry (expiration) date/time and follow the prompts. If you do not set an expiry date, you will have to delete the temporary greeting.

Press 2, to review the greeting

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Special Library Hours in December and January

Fri., December 19 - 8:00am-1:30pm Sat., Dec. 20 to Sun., Dec. 21 - Closed Mon., Dec. 22 to Tue., Dec. 23 - 8:00am-5pm Wed., Dec. 24 to Thur., Jan. 1 - Closed

Fri., January 2- - 8:00 am-5:00 pm

Saturday, January 3 - 9:00am-5:00pm

Sunday, January 4 - Closed Monday, January 5 - Resume normal hours

Reserve Books, Digital Cameras, Laptops

Due to the long holiday break, any reserve

5

books, reference books or equipment checked out after 10:30 am on Friday, December 19 will not be due until 9:00 am on Monday, January 5. They all may be checked out on a first come, first served basis. We will hold back one copy of each reserve title so that students who want to study on Monday-Tuesday, December 22-23 and Friday, January 2 while the library is open will have a copy to use.

The Library owns NBEO exam study materials, such as the *Berkeley Guides* and the *NBEO Review Guide*. They are on reserve and may be checked out.

The Library also has camcorders, digital cameras and laptops available for circulation.

Interlibrary Loan or Photocopy Requests

Due to the holiday break, the Library will not respond to any interlibrary loan or photocopy requests from December 24, 2007 until January 2, 2008.

Library Poster

Stop by the library to review the latest Academy Poster titled "Skin Electrodes vs. Corneal Electrodes (Burian-Allen) for ISCEV Standard Full-Field ERG-Determining a method to obtain repeatable results" by Drs. Mary Flynn Roberts, Elizabeth Warren and Angela Van Dyke. Remember to direct at questions to the author.

Consumer Reports

Need gift ideas or purchase advice? The Library subscribes to Consumer Reports, the consumer guide to automobiles, electronics, food, insurance, banking and other purchase items. Consumer Reports rates the expensive (cars, plasma television sets, credit cards) to the mundane (peanut butter, cheap wines.) There is a sumulative index for the past year in the back of each issue and each Buying Guide has a five-year cumulative index

he last five years' issues and recent Buying

Guides are shelved at the first floor circulation desk. Older Buying Guides are in the stacks on the first floor at TX335.A1C6. All may be checked out. The Library also has an online subscription to Consumer Reports through our EBSCO Host service, available from the Library homepage under Websites.

Reference Books

The Library purchases the major medical textbooks for subjects such as endocrinology or heart disease. The most recent edition is shelved in the reference section and the older editions are in the stacks. The textbooks provide excellent overviews for topics such as diabetes or hypertension. Recent purchases include:

Williams' Textbook of Endocrinology, RC648 .T4 2008

Braunwald's Heart Disease, RC681 .B7 2008 Harrison's Principles of Internal Medicine,

RC46.H32 2008

Danworth's Obstetrics and Gynecology,

RG101.D3 2008

Sabiston Textbook of Surgery, RD31.T4 2008 DeGowin's Diagnostic Examination, RC76.045 2008

Fun Reading for the Holidays

the Library has novels and other fun reading in its paperback section. These donated books are stored in the carrel by the first floor computer room or on the second floor by the newspapers.

Happy Holidays and we look forward to seeing you in the 2009!

RA Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a 2009-2010 RC Resident Assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the

students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications are currently available in the Student Affairs Office. Applications must be submitted by Monday, December 15th. If you have any questions about the position please feel free to contact an RA to find out more about it!

CLASSIFIEDS

No Classifieds at this time.

RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Michigan and Indiana

Pediatric Residency – Ferris State University
Ocular Disease Residency – Battle Creek VA
Medical Center

Ocular Disease/Primary Care Residency-John D. Dingell VA Medical Center, Detroit, MI

Ocular Disease Residency TLC Eye Care of MI

Ocular Disease/Primary Care Residence WA Northern Indiana Health Care System, Fort Wayne Campus

Cornea and Contact Lens Residency – Michigan College of Optometry

Ocular Disease Residence Grand Rapids
VA Outpatient Clinic

Florida

Aran Eye Associates Residency in Ocular Disease in Affiliation with NOVA Southeastern University College of Optometry

Alabama

UAB School of Optometry

- Family Practice Optometry
- Cornea and Contact Lens
- Pediatric Optometry
- Primary Eye Care at the Tuscaloosa VAMC
- Geriatric Optometry and Low Vision Rehabilitation at the Birmingham VAMC
- Ocular Disease at Omni Eye Services of Atlanta
- Ocular Disease at VisionAmerica of Birmingham

Vision Therapy Private Practice Residency Programs

Appelbaum Eye Care Associates, PC Annapolis and Bethesda, Maryland

Child and Family Optometry, Wichita, Kansas

Vision Therapy Group and Sensory Learning Center, Flint, Michigan



For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4 th Year Optometry Student 2009 Case Study Award	4 th Year Write a case report	\$1,000, National winner additional \$5,000	January 31, 2009 to Student Affairs Office
Varilux® Student Grant Award Program	 3rd and 4th Year Optometry Students 2000 word Case Report in electronic form 	\$1,000 and entry to national judging	Due to Student Affairs in an electronic version by Jan 15, 2009
Chicago Area Schweitzer Fellows Program	 Health professions, Graduate level-degree in Chicago Area Projects include 200 hrs through a community based agency 	\$2,000 stipend	Applications received by Friday Feb 6, 2009 to the Chicago Area Schweitzer Fellow Program
Dr. Stanley Pearle Vision Scholarship Fund	• Graduating class of 2010, 2011, and 2012	(10) \$2,000	April 15, 2009
The Student Analis Office	e has more information, so stop by a		
The Student Allalis Office	college of Opton		

FITNESS CORNER

Weight Gain

Most Americans are likely to gain three to seven pounds during holiday season! Considering that the average traditional Thanksgiving meal alone approximately packs 3,000 calories, for good

health it's well worth introducing new flavors, substituting ingredients and replacing some dishes—say a 180-calorie slice of pumpkin pie for the calorie-rich

Last Chance Holiday Massage

If you received a massage therapy gift certificate and would like to schedule your session, contact Shirmel Richards at srichards@ico.edu. Appointments are available on Tuesdays from 10am-3pm only. Make sure to reference your certificate in your email. This is your last chance to get in a holiday massage.

Wishing you a happy & healthy holiday season!

& the entire Fitness Department

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